

The Charlie Horse

COPPER **KNOB**
STEPPERS

拍数: 40 墙数: 4 级数:
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音乐: I Still Wanna Jump Your Bones - Archer Park



TOE POINTS

- 1-2 Fan both toes inward
- 3-4 Fan both toes outward (up on heels)
- 5-6 Point right toe in toward left
- 7-8 Point left toe in toward right

DWIGHT SWIVELS

- 1 Point right toe over in front of left foot
- 2 Point right toe to the right side
- 3 Repeat 1
- 4 Repeat 2 (put weight on right foot)
- 5 Point left toe over in front of right foot
- 6 Point left toe to the left side
- 7 Repeat 5
- 8 Repeat 6 (put weight on left foot)

VARIATION: Swivel heels Right, then toes Right, heels, toes. Repeat back left (4 counts)

KNEE UPS

- 1 Step forward on right foot
- 2 Bring left knee up
- 3 Step back on left foot
- 4 Step back on right foot
- 5 Step forward on left foot
- 6 Bring right knee up
- 7 Step back on right foot
- 8 Step back on left foot

HIP BUMPS

- 1-2 Bump hips to the right 2 times
- 3-4 Bump hips to the left 2 times
- 5-6 Roll hips in a circle (2 counts)
- 7-8 Roll hips in a circle (2 counts)

VARIATION: Roll Right leg outward (2 counts), Roll Left leg outward (2 counts), Roll Right leg outward (1 count), Roll Left leg outward (1 count), then with both feet hop forward 4 times quickly (2 counts)

KICK & "CHARLIE HORSE"

- 1 Kick right foot forward (low)
- 2 Cross right over left foot (foot to now "locked" next to left, weight is on right)
- 3 Rock both feet weight shifts to left (feet locked)
- 4 Rock both feet weight shifts to right foot (feet locked)
- 5 Tap left heel to the left side
- 6 Kick right foot upward as you ¼ turn right
- 7 Stop forward on left foot (facing new wall)
- 8 Stomp right next to left

REPEAT

