

The Bull Shifts (P)

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 0 级数: Easy Partner
编舞者: Unknown
音乐: Tryin' to Get to New Orleans - The Tractors



Position: Dance starts with the gentlemen ("The Bull") in the middle, with a lady on each side, all facing line of dance

This dance is based on a Russian folk dance called Troika, which is meant to represent a team of three horses pulling a wagon. Troika inserts 8 counts after count 24 where the two outside people join their outside hands to form a small circle and polka around for 8 counts, releasing hands and returning to their starting point on count 8.

MARCHES (FORWARD & BACK) (MAN HOLDS BOTH LADIES HANDS)

1-3 All-forward right, left, right
4 All-kick left
5-7 All-back left, right, left
8 All-touch right

UNDERARM TURNS (MAN HOLDS BOTH LADIES HANDS THROUGHOUT THE TURNS)

9-12 Bull-lifts left arm while stepping in place right, left, right, left
 Outside lady-walks under mans left arm right, left, right, left
 Inside lady-steps in place right, left, right, left

13-16 Bull-turns in place under his left arm (to the left) stepping right, left, right, left
 Outside lady-continues behind man & back to original position
 Inside lady-steps in place right, left, right, left

17-20 Bull-lifts right arm while stepping in place right, left, right, left
 Inside lady-walks under mans right arm right, left, right, left
 Outside lady-steps in place right, left, right, left

21-24 Bull-turns in place under his right arm (to the right) stepping right, left, right, left
 Inside lady-continues behind man & back to original position
 Outside lady-steps in place right, left, right, left

THE BULL SHIFTS W/HIP BUMPS

25-28 Bull-walks forward right, left, right, left. (to new partners)
 Outside lady-march in place right, left, right, left
 Inside lady-march in place right, left, right, left.

29-30 Bull-bumps right hips to right lady twice
 Outside lady-bumps left hips to man twice
 Inside lady-bumps left hips twice

31-32 Bull-bumps left hips to left lady twice
 Outside lady-bumps right hips to right once to left once ending with weight on left
 Inside lady-bumps right hips to man once to left once ending with weight on left

REPEAT