

# Bumpin' Country

拍数: 44      墙数: 4      级数:  
编舞者: Lori Myers (USA)  
音乐: Girls With Guitars - Wynonna



## HIP BUMPS, HIP PUSHES

- 1-2      Bump hips to the right twice
- 3-4      Bump hips twice to the left
- 5      Push hips to the right
- 6      Push hip to the left
- 7      Push hips to the right
- 8      Push hips to the left

## SIDE SHUFFLES, ROCK STEPS

- 1&2      Shuffle sideways to the right (right, left, right)
- 3      Rock back on left foot
- 4      Rock forward on right foot
- 5&6      Shuffle sideways to the left ( left, right, left)
- 7      Rock back on right foot
- 8      Rock forward on left foot
- 9-16      Repeat counts 1-8

## DIAGONAL STEP SLIDES RIGHT & LEFT, SYNCOPATED OUT-OUT, IN-IN

- 1      Step forward and diagonally right on right foot
- 2      Slide left foot up next to right
- 3      Slide forward and diagonally right on right foot
- 4      Touch left toe next to right
- 5      Step forward and diagonally left on left foot
- 6      Slide left foot up next to right
- 7      Step forward and diagonally left on left foot
- 8      Touch right toe next to left foot
  
- &9      Step to the right on right foot; step to the left on left foot
- &10      Step right foot home; step left foot next to right

## HIP BUMPS, PIVOT-TURNS

- 1      Bump hips to the right
- 2      Bump hips to the left
- 3      Step forward on right foot pivot  $\frac{1}{2}$  to the left
- 4      Pivot  $\frac{1}{2}$  to the left, shifting weight to the left foot
- 5      Step forward on right foot turn  $\frac{1}{4}$  left
- 6      Turning  $\frac{1}{4}$  left, shifting weight to left foot
- 7      Cross right foot over left
- 8      Unwind  $\frac{1}{2}$  turn to the left
- 9      Hold
- 10      Clap hands

**REPEAT**

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