

Boots N Bows

拍数: 64 墙数: 2 级数: Improver
编舞者: Steve Shaw (UK)
音乐: Nothin' to Lose - Josh Gracin



FORWARD ROCK, SHUFFLE ½ TURN RIGHT, FORWARD ROCK, SHUFFLE ½ TURN LEFT

1-2 Rock right forward, recover onto left
3&4 Shuffle ½ turn right stepping right, left, right
5-6 Rock left forward, recover onto right
7&8 Shuffle ½ turn left stepping left, right, left

RIGHT KICK BALL CHANGE, RIGHT KICK BALL CHANGE WITH ¼ TURN LEFT, JAZZ BOX

1&2 Kick right forward, step ball of right beside left, step left beside right
3&4 Kick right forward, step ball of right beside left, step left ¼ turn left
5-6 Cross right over left, step left back
7-8 Step right to right side, step left beside right

FORWARD ROCK, SHUFFLE ½ TURN RIGHT, FORWARD ROCK, SHUFFLE ½ TURN LEFT

1-2 Rock right forward, recover onto left
3&4 Shuffle ½ turn right stepping right, left, right
5-6 Rock left forward, recover onto right
7&8 Shuffle ½ turn left stepping left, right, left

RIGHT KICK BALL CHANGE, RIGHT KICK BALL CHANGE WITH ¼ TURN LEFT, JAZZ BOX

1&2 Kick right forward, step ball of right beside left, step left beside right
3&4 Kick right forward, step ball of right beside left, step left ¼ turn left
5-6 Cross right over left, step left back
7-8 Step right to right side, step left beside right

CROSS TOUCH & KICK, RIGHT BACK SHUFFLE, CROSS TOUCH & KICK, LEFT BACK SHUFFLE

1-2 Touch right foot across left, kick right foot forward
3&4 Shuffle back stepping right, left, right
5-6 Touch left foot across right, kick left foot forward
7&8 Shuffle back stepping left, right, left

SLOW EXTENDED RIGHT LOCK STEP FORWARD

1-2 Step right forward, slide left forward and lock behind right
3-4 Step right forward, slide left forward and lock behind right
5-6 Step right forward, slide left forward and lock behind right
7-8 Step right forward, slide left forward and lock behind right

Styling option: circle right hand above head, lasso fashion, & push hips forward on each slide step

CROSS TOUCH & KICK, RIGHT BACK SHUFFLE, CROSS TOUCH & KICK, LEFT BACK SHUFFLE

1-2 Touch right foot across left, kick right foot forward
3&4 Shuffle back stepping right, left, right
5-6 Touch left foot across right, kick left foot forward
7&8 Shuffle back stepping left, right, left

BACK ROCK, STEP ½ PIVOT TURN LEFT TWICE, STOMP, STOMP

1-2 Rock right back, recover onto left
3-4 Step right forward, pivot ½ turn left

5-6

Step right forward, pivot $\frac{1}{2}$ turn left

7-8

Stomp right beside left, stomp left beside right taking weight on left

REPEAT
