

Bouncin Texas

拍数: 56 墙数: 0 级数:
编舞者: Nicky Capper
音乐: Keep Your Hands to Yourself - Hank Williams, Jr.



RUNNING MAN STEP TURN STEP TURN

1 Step forward on right foot
& Slide right foot back and lift left leg up
2 Step forward on left foot
& Slide left foot back and lift right leg up
3-4 Repeat steps 1-2
5 Step forward on right foot
6 Pivot a half turn to the left
7 Step forward on right foot
8 Pivot a half turn to the left

RUNNING MAN STEP TURN STEP TURN

9 Step forward on right foot
& Slide right foot back and lift left leg up
10 Step forward on left foot
& Slide left foot back and lift right leg up
11-12 Repeat step 9-11
13 Step forward on right foot
14 Pivot a half turn to the left
15 Step forward on right foot
16 Pivot a half turn to the left

STAMP BODY ROLL CLICK RIGHT BEHIND FORWARD LEFT

17-20 Stamp right foot forward and a forward body roll
21 Step right foot behind left
22 Pivot a half turn to the right
23 Step forward on left
24 Pivot a half turn the right

SHUFFLE,RIGHT SHUFFLE STEP TURN STEP TURN

25 Step diagonally forward on left foot
& Step right foot in place
26 Step diagonally forward on left
& Touch right foot in place
27 Step diagonally forward on right
& Step left foot in place
28 Step diagonally forward on right
& Step left foot in place
29 Step forward on left foot
30 Pivot a half turn to the right
31 Step forward on left foot
32 Pivot a half turn to the right

MOVING HEEL CHANGES KICK BALL CHANGE,TURN

33 Move right heel inwards and touch left toe out
& Move right heel out and lift left leg up

- 34 Move right toe to the right and touch left to the side
& Move right heel outwards and lift left leg up
35 Move right toe to the right and touch left to the side
& Move right heel outwards and lift left leg up
36 Touch both feet in place leave weight on right
37 Kick left foot forward
& Touch left foot in place put weight on it
38 Touch right toe to right side
39 Cross right foot over left
40 Unwind a full turn to the left

STAMP HOLD SHUFFLE SWEEP TURN

- 41 Step forward on right foot and click
42-44 Hold position (weight on left foot)
45 Step forward on right foot
& Step left foot in place
46 Step forward on right foot
47-48 Sweep left foot in front of right and make a half turn

SHUFFLE SWEEP TURN,CROSS TURN KNEE DROP

- 49 Step forward on left foot
& Step right foot in place
50 Step forward on left foot
51-52 Sweep right foot in front of left and make a 3 quarter turn
53-54 Hold position (weight on left foot)
55 Bend down on your left knee and drop your right knee to the floor
56 Get back to original position

REPEAT
