

Bowleggin'

拍数: 64 墙数: 4 级数: Intermediate / Advanced
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音乐: Bad Loser - Joy Lynn White



HEEL-TOE SPLITS

- 1-2 With weight on balls of both feet, spread heels out - in
- 3-4 With weight on heels of both feet, spread toes out - in
- 5-8 Repeat steps 1-4

HOP, SPLIT, CLAP

- & With body angled slightly left lean back on right foot and extend left heel forward
- 9 Bring both feet to center
- 10 Hop slightly forward stomping both feet
- & With body angled slightly right lean back on left foot and extend right heel forward
- 11 Bring both feet to center
- 12 Hop slightly forward stomping both feet
- 13-14 With weight on balls of both feet, spread heels out-in
- 15-16 Clap hands twice

PINBALL HOPS

- & Hop forward at a right diagonal on right foot
- 17 Touch left toe beside right
- 18 Pause or hold one beat & hop forward at a left diagonal on left foot
- 19 Touch right toe beside left
- 20 Pause or hold one beat
- &21-24 Repeat steps &17-20

GRAPEVINE RIGHT

- 25-27 Vine right (step right to right, step left behind, step right to right)
- 28 Hook left foot in front of right leg

GRAPEVINE LEFT WITH ¼ TURN

- 29-31 Vine left (step left to left; step right behind, step left to left into a ¼ turn left)
- 32 Finishing ¼ turn left, brush right foot forward toe-heel cross-walks
- 33-34 Cross right toe in front of left foot (raise hands to shoulder level); lower left heel to floor (and snap fingers as you drop hands)
- 35-36 Touch left toe to left side with heel off floor (raise hands to shoulder level); lower left heel to floor (and snap fingers as you drop hands)
- 37-40 Repeat steps 33 - 36

KICK, ROCK STEP

- 41 Kick right foot forward & bend right knee slightly
- 42 Kick right foot forward
- 43-44 Rock back on right foot; step forward onto left

PIVOT TURN, STOMP

- 45-46 Step forward on right; pivot ½ turn to left
- 47-48 Stomp right foot; stomp left foot

BOWLEGGIN'

- 49 Touch right toe forward "bowing" knee to right (your knee should move in a $\frac{1}{4}$ circle to the right)
- 50 "bow" right knee back to center and straighten putting weight on right foot
- 51 Touch left toe forward "bowing" knee to left (your knee should move in a $\frac{1}{4}$ circle to the left)
- 52 "bow" left knee back to center and straighten putting weight on left foot
- 53-56 Repeat steps 49 - 52

HEELS TOUCHES WITH MONTEREY SPINS

- 57& Touch right heel in front twice
- 58 Touch right toe out to right
- 59 Swing right foot $\frac{1}{4}$ turn to right
- 60 Step down on right foot
- 61& Touch left heel in front twice
- 62 Touch left toe out to left
- 63 Swing left foot $\frac{1}{4}$ turn to left
- 64 Step down on left foot

REPEAT
