

Bandalarrow

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Country Bound (USA)
音乐: Who Needs You - Lisa Brokop



STEP BACK, TOUCH BACK, STEP FORWARD, KICK CROSS, UNWIND, HIP HIP

1-4 Step back on right foot, touch left toes straight back, step forward on left foot, kick right foot forward (about 12 inches off floor)

5-8 Cross right foot in front of left foot placing ball of foot on floor, unwind $\frac{1}{2}$ turn left (moving weight totally to right projecting hips right), bump hips to right twice while lifting left heel off the floor. The more exaggerated the bumps the better!

(Option: while bumping hips to right bring right hand up by right shoulder make a fist and pull hand down-about 3"-once for each bump.)

GRAPEVINE WITH $\frac{1}{4}$ TURN, BRUSH, CROSS, STEP BACK, TAP, JUMP

9-12 Step left foot to left, cross right foot behind, step left foot $\frac{1}{4}$ turn left, brush right foot forward
(Option: try a 3 count $1 \frac{1}{4}$ turn as a variation on counts 9-11)

13-15 Cross right foot in front of left foot (take weight), step back on left foot, tap right foot beside left foot,

&16 Jump forward landing on ball of right foot & then left foot (take weight on left foot)

HEEL, STEP BACK, HEEL, STEP BACK, RIGHT KNEE TOWARDS LEFT KNEE, HOLD, LEFT KNEE TOWARDS RIGHT, RIGHT KNEE TOWARDS LEFT

17-18 Place right heel forward, step back on right (right toes about even with middle of left foot)

19-20 Place left heel forward, step back on left (left toes about even with middle of right foot)

21-22 Move right knee toward left knee (right heel lifts from floor), hold for 1 count,

23-24 Move left knee towards right knee (lift left heel), move right knee towards left knee (lift left heel)

STEP RIGHT, SLIDE LEFT, STEP RIGHT, SLIDE LEFT. STEP RIGHT, HOLD, SLIDE RIGHT, HOLD

25-26 Step right foot to right side (small step), slide left foot to right (take weight)

27-28 Step right foot to right side (small step), slide left foot to right (take weight)

29-32 Step right foot to right side (larger step), hold, slide left foot to right (take weight), hold

(Option: as you step to right you can extend hands to right side at waist level, on slide pull back to waist area.)

REPEAT