

Shortenin' Bread

拍数: 32 墙数: 4 级数: Beginner
编舞者: Liz Cartwright (UK) - March 2011
音乐: Shortenin' Bread - The Tractors : (Album: Farmers in a Changing World)



32 count in when heavy beat starts, start on vocals.

Grapevines with touches Right and Left

1-2 Step right to right, step left behind right
3-4 Step right to right side, touch left beside right
5-6 Step left to left side, step right behind left
7-8 Step left to left side, touch right beside left

Back right & touch, forward left & touch, Forward right & touch back left & touch

1-2 Step back on right, touch left beside right with clap
3-4 Step forward on left, touch right beside left with clap
5-6 Step forward on right, touch left beside right with clap
7-8 Step back on left, touch right beside left with clap

Dip right and point left, Dip left point right, Turning Walks ¼ Turn left

1-2 Step to your right bending right knee, point left toe to left side
3-4 Step to your left bending left knee, point right toe to right side
5-8 Walk right, left, right, left making ¼ left.

Stomp Hold and Clap, Stomp Hold and Clap, Run Right, Left, Right, Left

1-2 Stomp right hold and clap,
3-4 Stomp left hold and clap
5-6 Run right, left, right, left

Repeat
