

Hoedown Throwdown

COPPER KNOB
BY STEPHEN METZ

拍数: 48 墙数: 1 级数: Intermediate
编舞者: Jamal Sims (USA) - July 2012
音乐: Hoedown Throwdown - Miley Cyrus : (CD: Hannah Montana Movie Soundtrack - iTunes)



Start dancing on lyrics

POP IT, LOCK IT, POLKA DOT IT, COUNTRIFY THEN HIP HOP IT (PUT YOUR)

- 1 Extend left arm forward, open palm down, fingers together
- 2 Swivel both heels right to face 10:30 and sit slightly, bringing elbows up and out to sides
- 3 Step left to side (right palm forward with one finger pointing upward and leaning right)
- & Step right together (finger now leaning left)
- 4 Step left to side (finger now leaning right)
- & Hook thumbs on belt
- 5&6& Touch right heel forward, step right together, touch left heel forward, step left together
- 7 Turn 1/8 left (face 10:30) and kick right forward (punch both hands forward, crossed at wrists)
- & Step right together (bring elbows back)
- 8 Hold (punch fists together at waist level)
- & Lift both arms out to sides

HAWK IN THE SKY, MOVE SIDE TO SIDE, JUMP TO THE LEFT, STICK IT, GLIDE

- 1 Step right to side (arms crossed in front, elbows high, each hand on top of the other elbow)
- & Kick left forward (raise hands to form an X in front of you, arms crossed at the forearm)
- 2 Step left together (return arms to crossed position)
- & Twist upper body to left (10:30)
- 3 With arms still crossed and up, bounce arms down slightly
- & Lift arms back up and twist upper body to right (1:30)
- 4 With arms still crossed and up, bounce arms down slightly
- & Lift arms back up (still facing 1:30)
- 5 Scuff left forward (toward 1:30)
- & Step left forward
- 6 Turn 3/8 left (9:00) and step right forward
- 7 Punch right hand to side (punch toward 12:00)
- 8 Big step left to side and slide right toward left

ZIG ZAG, ACROSS THE FLOOR, SHUFFLE IN DIAGONAL (WHEN THE)

- 1 Hold
- & Cross/touch right over left
- 2 Touch right diagonally forward
- & Flick right behind left (touch right foot with left hand)
- 3&4 Turn 1/8 right and step right to side (10:30), step left together, step right to side
- & Touch left together (elbows out to side, hands down)
- 5 Step left to side (elbows out to side, hands up)
- & Step right together (elbows out to side, hands down)
- 6 Step left to side (elbows out to side, hands up)
- & Turn 1/4 right (1:30) (elbows out to side, hands down)
- 7 Step right to side (elbows out to side, hands up)
- & Step left together (elbows out to side, hands down)
- 8 Step right to side (elbows out to side, hands up)
- & Turn 1/8 left (12:00) (hands relax at sides)

DRUM HITS, HANDS ON YOUR HIPS, ONE FOOTED 180 TWIST (AND THEN A)

- 1 Kick left forward and punch right hand forward
- & Step left forward
- 2 Kick right forward and punch left hand forward
- & Step right forward
- 3 Punch both hands out to the sides
- 4 Place hands on hips
- 5 Turn upper body as far to the right as possible (open your hips, too)
- & Step right toward back wall (6:00)
- 6 Step left together (now facing back wall)
- 7&8 Hop three times in place on left foot, turning ½ turn left (elbows out to side, hands up) (12:00)
- & Hands down at sides

ZIG ZAG, STEP SIDE, LEAN IT LEFT, CLAP THREE TIMES

- 1 Hold
- & Cross/touch right over left
- 2 Touch right diagonally forward
- & Flick right behind left (touch right foot with left hand)
- 3 Step right to side
- 4 Big step left to side (weight even)
- 5&6 Punch left hand forward, punch right hand forward, punch left hand forward (during counts 5&6, gradually move weight entirely to left foot, with body turned slightly right, toward 1:30)
- 7 Shift weight forward to right foot (1:30)
- &&& Clap hands low, medium, high

SHAKE IT OUT HEAD TO TOE, THROW IT ALL TOGETHER, THAT'S HOW WE ROLL

- 1-4 Walk in a small circle turning ¾ to the left, stepping left, right, left, right while shimmying shoulders (3:00)
- 5 Turn ¼ left and step left forward and punch right low forward (12:00)
- 6-7-8 Cross/touch right behind left, step right back, step left together (put elbows out to side, hands up)

PHRASING: The song is phrased as follows:

- 64 counts of freestyle
- 48-count dance
- 36 counts of freestyle
- 48-count dance
- 32 counts of freestyle
- 48-count dance
- 48 counts of freestyle (or do the whole dance here again)

Respond with "Throwdown" after she sings "Hoedown". Stomp and clap when she says Boom Boom Clap.
