

Feelin' No Pain

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Phillip Smith & Vickie Smith (USA) - December 2012
音乐: Feelin' Good Train - Honky Tonk Boots



Alt. music: -

Mama's Got A Tattoo - Tennessee Girl

All - Sammy Kershaw

TRIPLE R, ROCK L, RETURN R

1&2 Triple R To R Side, R-L-R
3 - 4 Rock L Behind R, Return R

TRIPLE L, ROCK R, RETURN L

5&6 Triple L To L Side, L-R-L
7 - 8 Rock R Behind L, Return L

R SIDE ROCK, CROSS SHUFFLE

9 - 10 Rock R To R Side, Return L
11&12 Cross Shuffle R-L-R, Across L

L SIDE ROCK, CROSS SHUFFLE

13-14 Rock L To L Side, Return To R
15&16 Cross Shuffle L-R-L, Across R

2 R MONTEREY TURNS

17-20 Point R, Together, With ¼ Turn, Point L, Together
21-24 Point R, Together, With ¼ Turn, Point L, Together

2 L HIP BUMPS, 2 R HIPS BUMPS, HIP ROLL & BUMPS

25-28 Bumps Hips To L Twice, Bump Hips To R Twice
29-32 Roll Hips L-R, Bump Hips To L Twice

REPEAT & HAVE FUN

Contact: 618-298-2411 - bsoutlaws@Gmail.Com