

Barefoot and Buckwild

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Earleen Wolford (USA) - August 2013
音乐: Barefoot and Buckwild - Lauren Alaina



Other music:

Blurred Lines by Robin Thicke (no restarts for this music),
Baby Rocks by Phil Vasser;
Beat of the Music by Brett Eldredge;
Suit & Tie by Justin Timberlake (feat. Jay Z) all music available on iTunes

Start dance right after she says 'Alright', which is 32 counts in/about 14 secs of the music.

Pattern for Barefoot and Buckwild: 32, 32, 32, 8, 32, 32, 8, 32's till the end song

WALK FORWARD, R C BUMP UP, C BUMP DOWN ¼ TURN L, L BALL STEP, ½ TURN L, ¼ TURN L

1,2 Step R forward (1), Step L forward (2)
3,4 With weight on L, move R hip up & out to R (3), As you bring the R hip down, turn ¼ turn L, taking weight on R & at the same time with knees bent pushing the R hip back, it's like your sitting down (4) (R take wt)
&5,6 Step on ball of L (&) Step R forward (5), Turn ½ turn L (6) (L take wt)
7,8 Step R forward (7), Turn ¼ turn L (8) (12:00)

RESTART happens here on 4th wall (at 9:00) & 7th wall (at 6:00), do 8 counts, restart from the top of dance, so easy easy ?

OUT OUT FORWARD, SHAKE HIPS 4X, OUT OUT BACK PUSHING HIPS BACK & PUSHING ARMS FORWARD, PULL HIPS FORWARD, OUT OUT BACK PUSHING HIPS BACK & PUSHING ARMS FORWARD, PULL HIPS FORWARD

&9-12 Step R forward and out to R (&) Step L out to L, at same time shaking hips in place 4X (9-12) (L take weight)
&13,14 Step R back and out to R (&), Step L out to L (13), Pull hips forward, at same time bring arms & hands to hips (14)
&15,16 Step R back and out to R (&), Step L out to L (15), Pull hips forward, at same time bring arms & hands to hips (16)

(L take weight, to get ready to step on R for step 17)

NOTE: For counts &13,14 and &15,16, while going back for out out, at the same time you push your hips back while pushing both arms forward and pulling your hips forward with these steps, It's not hard, just have fun, please trust me you'll love it (12:00)

STEP R TO R, L HEEL TAP, STEP L DOWN, HOLD, R BALL STEP, CROSS L OVER R, HOLD, R BALL STEP, CROSS L OVER R, POINT R

17,18 Step small R to R (17), Tap L heel slightly forward on slight L diagonal (18) (L takes wt)
19-20 Step down on L (19), Tap R heel slightly forward on slight R diagonal & Hold (20)
&21,22 Step on ball of R toe (&), Cross L over R (21), Hold (22) (L take wt)
&23,24 Step on ball of R toe (&), Cross L over R (23), Point R toe to R (24) (L take weight) (12:00)

CROSS R OVER L, STEP L TO L, CROSS R OVER L, STEP L ¼ TURN L, STEP R FORWARD, HOLD, ½ TURN L QUICK STEP (L/R/L)

25-28 Cross R over L, at the same time bending both knees (25), Step L to L, at the same time you straighten you knees (26), Cross R over L, at the same time bending both Knees (27), Step L ¼ L (28) (9:00)

Note: For styling, while doing counts 25-27, get funk, shake shoulders up & down at same time doing these steps, it's cool ?

29,30 Step R forward (29), Hold (30)

31&32 Step L ¼ L (31), Step R forward (&), Step L ¼ L forward (32) (these steps are quick little run steps) (L takes wt) (3:00)

Begin again!

2 Really Easy Restarts on walls 4 & 7, you do 8 counts of the dance and Restart it from the top, please trust me, it's super easy,

Enjoy my dance & just have FUN doing it to this great song with and all the other mentioned great artist too! "GottaDance"!! And please feel free to use any other music to do my dance, country or non country will work!

Note: This dance is the same dance as 'HEY HEY HEY aka Blurred Lines', but when doing it to the song 'Blurred Lines by Robin Thicke', there are not Restarts or Tags.

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Please do not change or modify anything on my dance sheet. Please contact me for any questions, Thank You!
