

# Between The Buns (P)

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 0      级数: Beginner Plus Partner  
编舞者: Greg Van Zilen (USA) - August 2014  
音乐: Headin' West - Dan Seals



Step description by Outta Line Country Dance Instruction  
Alt. music: Hot Dog by Led Zeppelin

Intro: Start dance after first 16 beats of music - Partner Dance / Mirror Footwork  
Starting Position: Single hand-hold, Man's right to Ladies left

Note: Steps listed are for Man; Lady starts with left foot and mirrors Man

## Kick-ball-change (2x), step, ½ turn, step, ½ turn

1&2            Kick right foot forward, step on ball of right foot, step left foot in place.  
3&4            Kick right foot forward, step on ball of right foot, step left foot in place.  
5,6            Step right foot forward; ½ turn left weighting left foot.  
7,8            Step right foot forward; ½ turn left weighting left foot.

Release hands on count 4.

## Lindy

9&10           Step right foot to side, step left foot next to right, step right foot to side.  
11,12          Step left foot back; replace weight onto right foot.  
13&14          Step left foot to side, step right foot next to left, step left foot to side.  
15,16          Step right foot back; replace weight onto left foot.

Briefly pick up then release new inside hands on counts 13-14; rejoin original hands on count 16.  
Lady will pass in front of Man both times.

## Shuffle forward

17&18          Step right foot forward, step left foot next to right, step right foot forward.  
19&20          Step left foot forward, step right foot next to left, step left foot forward.  
21&22          Step right foot forward, step left foot next to right, step right foot forward.  
23&24          Step left foot forward, step right foot next to left, step left foot forward.

#1st shuffle turning slightly away from partner; 2nd toward partner and touching forward hands.  
Repeat for shuffles 3 and 4.

## Stomp, stomp, hip bumps

25,26          Stomp right foot forward; stomp left foot slightly apart from right.  
27&28          Bump hips right, center, right.  
29&30          Bump hips left, center, left.  
31,32          Bump hips right, left.

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