

8 Dogs 8 Banjos

拍數: 34 牆數: 1 級數: Beginner / Initiation Contra
編舞者: Séverine Fillion (FR) - January 2015
音樂: 8 Dogs 8 Banjos - Old Crow Medicine Show : (Album: Remedy)



Intro : 4 + 36 counts before starting the dance

Starting position : 2 lines face to face (or in circle), each holds the right hand of the right partner opposite and the left hand of the left partner opposite, has hips ahead .

[1-8] STOMP KICK, TRIPLE IN PLACE (RIGHT & LEFT)

1-2 Stomp right next to left, Kick right fwd
3&4 Triple step right – left – right in place (Option : Coaster Step)
5-6 Stomp left next to right, Kick left fwd
7&8 Triple step left – right – left in place (Option : Coaster step)

[9-16] TRIPLE STEP FWD (RIGHT & LEFT), STEP ½ TURN, STOMP, STOMP

1&2 Triple step right – left – right fwd (letting go of hands, the 2 lines cross)
3&4 Triple step left – right – left fwd
5-6 Right step fwd, Turn ½ left (weight on left) 6:00
7-8 Stomp right next to left, Stomp left in place

[17-24] HEEL TAP X 2 (RIGHT & LEFT), & STOMP, HEEL SPLIT, STOMP, HEEL SPLIT

1-2 Tap x 2 right heel fwd
& Recover on right next to left
3-4 Tap x 2 left heel fwd
& Recover on left next to right
5&6 Stomp right fwd, separate both heels OUT, recover both heels IN
7&8 Stomp left fwd, separate both heels OUT, recover both heels IN

[25-32] LARGE STEP FWD, TOGETHER, STOMP-UP X 2, ROCK BACK, WALKS FWD

1 Large right step fwd (join the 2 lines and hold you hands)
2 Left step next to right
3-4 Stomp-up right next to left x 2 (keep weight on left)
5-6 Rock back on right, recover on left
Option : Jumping rock back on right with left kick fwd, recover on left
7-8 Walks fwd right, left (letting go of hands, the 2 lines cross)

[33-34] STEP ½ TURN

1-2 Right step fwd, Turn ½ left (weight on left) return to your original place 12:00
Hold the 2 hands of your line partners opposite

Start again and enjoy!!