

Little Rock

拍數: 32 牆數: 0 級數: Beginner Circle
編舞者: Nadia Gandin - December 2016
音樂: Cowboys Like a Little Rock and Roll - Chris LeDoux & Charlie Daniels



SLAP, SLAP, CLAP, CLAP (X 2)

1-2 Slap hands down/back across hips, slap hands up/forward across hips
3-4 Clap, Clap
5-6 Slap hands down/back across hips, slap hands up/forward across hips
7-8 Clap, Clap

GRAPEVINE RIGHT, GRAPEVINE LEFT

1-2-3-4 Step right side, cross left behind right, step right side, stomp up left together
5-6-7-8 Step left side, cross right behind right, step left side, stomp up right together

Insert Tag during 13th sequence

TOE STRUT , TOE STRUT (X 2)

1-2-3-4 touch right toe side, right heel down, cross left over right with touch left toe , left heel down
5-6-7-8 touch right toe side, right heel down, cross left over right with touch left toe , left heel down

BUMP RIGHT X 2, BUMP LEFT X 2, BUMP RIGHT, LEFT, RIGH, LEFT

1-2 step right forward and bump hips right, bump hips right (weight on right)
3- 4 recover to left and bump hips left, bump hips left (weight on left)
5-6-7-8 bump hips right, bump hips left, bump hips right, bump hips left (weight on left)

TAG: During 13th sequence of the dance, music stops at 16th count so you have to stop too. When music restarts you have to start again dancing from the point you stopped before.

Note: when you Restart the dance, repeat the step sheet but remember to recollect the right foot to the left one during the first salp of the dance.

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