Simmer On Down

級數: High Beginner

編舞者: Rachel Erin Chidley - April 2017

音樂: You Broke Up with Me - Walker Hayes

*1 Tag, 1 Restart

STOMP CLAPS, HIP BUMPS

拍數: 32

Right foot stomp to right, clap, step left next foot to right, stomp right foot, clap 1, 2, & 3,4 5&6, 7&8 hip bump right 2x, hip bump left 2x

HIP BUMPS, SHUFFLE, CROSS ROCK, HIP BUMPS

- 1, 2, 3&4 hip bump right, hip bump left, hip bump right into shuffle right, (RLR)
- 5,6,7&8 Cross Rock L behind R, recover R, step L to left side w/hip bump L 2x, weight to L
- (Tag & Restart, wall 9 here: at end of this section, dance through step 6, then change 7&8 to:
- 7,8 Step left to left, slide R to L, then restart dance.)

1/2 TURN TOE STRUTS, 1/4 JAZZ BOX INTO COASTER

- 1,2, 3,4 Pick up R foot for 1/2 turn over R shoulder into R toe, heel down, L cross over R L toe, heel down
- 5,6,7&8 Cross R over L making a 1/4 turn to right, Step back on L, Step R back, Step L next to R, Step forward on R

1/2 TURN, SHUFFLE, TOE POINTS, HITCH

- Step fwd L, pivot ¹/₂ turn R stepping R fwd, shuffle LRL 1,2, 3&4
- 5&6&7,8 R toe point side, step R next to L, point L toe side, step L next to R, touch R heel fwd, hitch R knee

Tag & Restart, wall 9: at end of 2nd section, dance through step 6, then change 7&8 to:

7,8 Step left to left, slide R to L, then restart dance.

Step sheet written by Cindi Massengale

Contact: dancewithcindi@aol.com





牆數: 4