

Crazy Cowgirl Dance

拍數: 44 牆數: 4 級數: Improver
編舞者: Mari Edvardsen (NOR) - May 2017
音樂: Betty's Takin' Judo - Jeff Carson



(1-4) □Walk forward x 3, hitch'n'jump with clap,

1,2,3 Walk forward R,L,R
4 Hitch left while jumping on right with clap

(5-8) □Step back, Touch, Step forward, hitch'n'jump with clap

5-6 Step back on left, Touch right toe back (both arms should swing backwards as you touch your toe back)
7-8 Step forward on right, Hitch left while jumping on right with clap (swing both arms back up into a clap)

(9-12) □Turn ¼ L hitch'n'jump, turn ¼ L hitch'n'jump

1&2 Turn ¼ L (facing 9 o'clock) stepping L foot down, hitch R while jumping on Left and clap
3-4 Turn ¼ L (facing 6 o'clock) stepping R foot down, hitch L while jumping on right and clap

(13-16) □Step L out Hipbumps L,R,L,L

5-6 Step L out and bump hip to left side, put weight on to R and bump right hip to right side
7-8 put weight on to L and bump left hip twice to left side

(17-20) □Stomp walks forward with toe fan

1-4 Stomp R foot forward and fan toes right, Stomp left foot forward, fan toes left

(21-24) □Stomp walks forward with toe fan

5-8 Stomp R foot forward and fan toes right, Stomp left foot forward, fan toes left

(25-28) Step Pivot ½ turn L, step pivot ½ turn L

1-2 Step R foot forward, pivot ½ turn left (facing 12 o'clock)
3-4 Step R foot forward, pivot ½ turn left (facing 6 o'clock)

(29-32) Step side slap, side slap

5-6 Step R foot out to right side, slap left foot behind right knee
7-8 Step L foot to left side, slap right foot behind left knee

(33-36) □Touch turn hitch'n'slap and back

1-2 Touch R foot to right side, turn ¼ right (facing 9 o'clock) and put weight on to right foot
3-4 Hitch L foot up and slap left knee with your right hand, touch L foot back

(37-40) □½ Turn L, hitch'n'slap x2

5-6 Put weight onto L foot while turning ½ turn left (facing 3 o'clock), hitch R foot and slap right knee with your left hand
7-8 Touch R foot back, hitch R and slap knee with left hand

(41-44) □Touch cross forward x 2

1-2 Touch R foot to right side, step R foot forward cross over L
3-4 Touch L foot to left side, step L foot forward cross over R

Have fun

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