

Country Bumpkin

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Tracy Walters (CAN) - March 2018
音樂: I'm from the Country - Tracy Byrd



Walk Forward and Back

- 1-4. Take 3 steps forward (right, left, right), stomp left foot
5-8. Take 3 steps back (left, right, left), stomp right foot

Chasse Right and Left

- 9&10&11, 12. Step right foot to the side, step left foot next to right foot, step right foot to the side, step left foot next to right foot, step right foot to the side, tap left heel forward on a diagonal
13&14&15, 16. Step left foot to the side, step right foot next to left foot, step left foot to the side, step right foot next to left foot, step left foot to the side, Tap right heel forward on a diagonal

Jump Out, Jump In, Cross, ½ Turn, Hold, Clap

- &17-18. Step right foot out to side, step left foot to the side, clap
&19-20. Step right foot in (back to center), step left foot in (back to center, feet are now together), clap
21. Step right foot across left foot
22. On balls of feet, make a ½ turn to left
23. Hold
24. Clap

&25-26. Step right foot to the side, step left foot to the side (feet are apart), clap
&27-28. Step right foot in (back to center), step left foot in (back to center, feet are together), clap
29. Step right foot across left foot
30. On balls of feet, make a ½ turn to left
31. Hold
32. Clap

Shoulder Drops, Hip Circles

- 33&34. (With hands in front of you, hands in a fist, and elbows at your sides), drop right shoulder, drop left shoulder, drop right shoulder
35&36. (With hands in front of you, hands in a fist, and elbows at your sides), drop left shoulder, drop right shoulder, drop left shoulder.
37-40. Rotate hips twice from right to left, end with weight on left foot

Grapevines

41. Step right foot to the side
42. Step left foot behind right foot
43. Step right foot to the side
44. Stomp left foot next to right foot
45. Step left foot the side
46. Step right foot behind left foot
47. Step left foot to the side, making a ¼ turn to the left
48. Stomp right foot next to left foot

Begin Again!
