

The Bull

拍數: 40 牆數: 2 級數: Improver
編舞者: Heather Barton (SCO) & Hayley Wheatley (UK) - July 2019
音樂: The Bull - Kip Moore : (Album: Slowheart)



Count in: 32 Counts (Start on vocals)

TAG: 8 Count Tag at the end of Wall 2 (Facing 12:00)

S1: HEEL GRIND ¼ TURN, COASTER STEP, FORWARD ROCK, RECOVER, CHASSE ¼ TURN

1-2 Rock fwd on RF twisting R toe from L to R making ¼ turn R, Recover back stepping onto LF 3:00
3&4 Step back onto RF, Close LF beside RF, Step fwd onto RF 3:00
5-6 Rock fwd onto LF, Recover onto RF 3:00
7&8 Step Lf to L side making ¼ turn L, Close RF beside LF, Step LF to L side 12:00

S2: CROSS STEP, SIDE STEP, BALL, ROCK, RECOVER ¼ TURN, WALK, WALK, KICK BALL STEP

1-2 Cross RF over LF, Step LF to L side 12:00
& 3-4 Close RF beside LF, Rock LF to L side, Recover onto RF making ¼ turn R 3:00
5-6 Walk fwd onto LF, Walk fwd onto RF 3:00
7&8 Kick LF fwd, Close LF beside RF, Step fwd on onto RF 3:00

S3: STEP, SWEEP, CROSS SHUFFLE, SIDE ROCK, RECOVER, BEHIND SIDE CROSS

1-2 Step fwd onto LF, Sweep RF around front to back 3:00
3&4 Cross RF over LF, step LF to L side, Cross RF over LF 3:00
5-6 Rock LF to L side, Recover onto RF 3:00
7&8 Step LF behind, Step RF to R side, Cross LF over RF 3:00

S4: MONTEREY ½ TURN CROSS, BACK, BACK, CROSS, BACK

1-2 Touch R toe to R side, Close RF beside LF making 1/2 turn R 9:00
3-4 Touch L toe to L side, Cross LF over RF 9:00
5-6 Step RF back to R diagonal, Step LF back to L diagonal 9:00
7-8 Cross RF over LF, Step back onto LF 9:00

S5: SIDE SHUFFLE, ¼ TURN SIDE SHUFFLE, ROCKING CHAIR

1&2 Step RF to R side, Close LF beside RF, Step RF to R side 9:00
3&4 Make ¼ turn L stepping LF to L side, Close RF beside LF, Step LF to L side 6:00
5-6 Rock fwd onto RF, Recover onto LF 6:00
7-8 Rock back onto RF, Recover onto LF 6:00

Tag: DIAGONAL SHUFFLE, DIAGONAL SHUFFLE, V-STEP (WITH HEELS) Performed after wall 2

1&2 Step RF fwd to R diagonal, Close LF beside RF, Step RF fwd to R diagonal 12:00
3&4 shuffle LF fwd, together, fwd
5-6 Step fwd onto R Heel, Step fwd onto L heel (Dance counts 5-6 as a normal v-step, without heels, if it is more comfortable to do so)
7-8 Step back onto RF, Close LF beside RF

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