Here For the Party

級數: Beginner

編舞者: Jen Michele (USA) - October 2020

音樂: Here for the Party - Gretchen Wilson

或: Hicktown - Jason Aldean

Dance starts after 32 counts, on vocals

Tag at end of wall 8

拍數: 32

STEP BACK, STEP BACK, ROCK, RECOVER, SHUFFLE

- 1-2 step back onto right, hold (12:00)
- 3-4 step back onto left, hold (12:00)

variation for these step holds are to shuffle back, 1&2, 3&4

- 5-6 rock back onto the right, recover left (12:00)
- 7&8 shuffle forward on the right - right, left, right (12:00)

STEP, TOUCH, STEP, TOUCH, HIPS LEFT, HIPS RIGHT

- 1-2 step left forward and to the diagonal, touch right (12:00)
- 3-4 step right forward and to the diagonal, touch left (12:00)
- 5&6 bounce hips to the left 2x (forward left and left) (12:00)
- 7&8 bounce hips to the right 2x (back right and right) (12:00)

SINGLE HIPS X4, ¼ TURNING SHUFFLE, WALK, WALK

- 1-2 bounce hips, forward left, back right (9:00)
- 3-4 bounce hips, forward left, back right (9:00)
- 5&6 1/4 turn to the left and shuffle left, right, left (9:00)
- 7-8 walk right, left (9:00)

variation for walk, walk is to do 1/2 turn, 1/2 turn

STEP, TOUCH, STEP, HEEL, AND CROSS AND HEEL, AND CROSS AND HEEL

- 1-2 step right foot forward on the diagonal, touch left toe slightly back from right foot (9:00)
- 3-4 step left foot back, put right heel forward (9:00)
- step on right, cross left over the right, step on right and present left heel (9:00) &5&6
- step on left, cross right over the left, step on left, and present right heel (9:00) &7&8

easy alternative to the cross and heels, is to step back and touch heel forward for those counts

TAG is here at the end of wall 8 (hint: the music stops)

TAG: At the end of wall 8 when the music stops, (Gretchen Wilson song) you pause, hand on hip or whatever you want to do to show some attitude, about 4 counts, then start again on the vocals "you know"

Happy Dancing!!! Email Jen Michele with any questions: mamarogers82@gmail.com

Last Update: 19 Mar 2023





牆數: 4