

Back Porch

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Cheryl Levin (USA) & Mae-Ellen Dowdy (USA) - November 2020
音樂: Back Porch - Willie Jones : (avl. Amazon.com)



Dance starts as drums end. No tags or restarts.

[1-8] HOP, R HITCH, R BACK COASTER, HOP, L HITCH, L BACK COASTER

1, 2, 3&4 Hop forward on both feet, hitch R knee, coaster (R step back, L step together, R step forward)
5, 6, 7&8 Hop forward on both feet, hitch L knee, coaster (L step back, R step together, L step forward)

[9-16] FOUR SCISSOR STEPS (R, L, R, L)

1&2, 3&4 R scissor step (R rock to side, L recover, R cross over L), L scissor step (L rock to side, R recover, L cross over R)
5&6, 7&8 R scissor step (R rock to side, L recover, R cross over L), L scissor step (L rock to side, R recover, L cross over R)

[17-24] HOP, R HITCH, R BACK COASTER, HOP, L HITCH, L BACK COASTER

1, 2, 3&4 Hop forward on both feet, hitch R knee, coaster (R step back, L step together, R step forward)
5, 6, 7&8 Hop forward on both feet, hitch L knee, coaster (L step back, R step together, L step forward)

[25-32] FOUR SCISSOR STEPS (R, L, R, L)

1&2, 3&4 R scissor step (R rock to side, L recover, R cross over L), L scissor step (L rock to side, R recover, L cross over R)
5&6, 7&8 R scissor step (R rock to side, L recover, R cross over L), L scissor step (L rock to side, R recover, L cross over R)

[33-40] R STEP TO SIDE, L STEP BEHIND, FULL TURN TO R WITH 3 SHUFFLES *

1, 2, 3&4 R step sideways, L step behind R, start to turn with shuffle (R, L, R.)
5&6, 7&8 shuffles (L, R, L,) (R, L, R) making full R turn

[41-48] L STEP TO SIDE, R STEP BEHIND, FULL TURN TO L WITH 3 SHUFFLES *

1, 2, 3&4 L step sideways, R step behind L, start to turn with shuffle (L, R, L)
5&6, 7&8 shuffles (R, L, R) (L, R, L) making full L turn

[49-56] HOP FORWARD, CLAP, HOP BACKWARD, CLAP, 4 HIP BUMPS

1, 2, 3, 4 Hop forward on both feet, clap, hop backward on both feet, clap
5, 6, 7, 8 Four hip bumps (R, L, R, L)

[57-64] SHUFFLE FORWARD, ½ TURN PIVOT TO R, V STEP

1&2, 3, 4 Shuffle forward, R, L, R, while stepping on L pivot ½ turn to R, step on R
5, 6, 7, 8 V step (L out diagonally, R out diagonally, L step back together, R step back together)

EASIER VERSION OF COUNTS [33-48]

* The dance can be simplified by changing the shuffle turns to 7 count weaves ending with a touch.
(R out, L behind, R out, L cross over in front, R out, L behind, R out, L touch) then repeating on L side,
(L out, R behind, L out, R cross over in front, L out, R behind, L out, R touch)

Any questions? Email: cplevin@gmail.com
Let's keep on dancing during these difficult times!