

# Stretchy Pants

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Debra Cleckler (USA) - November 2021  
音樂: Stretchy Pants - Carrie Underwood



Intro: 16 counts

## [1-8] Point-Step R-L-R-L

1-2      Point R foot across in front of left (1), step R foot to side (2)  
3-4      Point L foot across in front of R (3), step L foot to side (4)  
5-6      Point R foot across in front of left (5), step R foot to side (6)  
7-8      Point L foot across in front of R (7), step L foot to side (8)

## [9-16] Military Turn (1/4 Left), Rocking Chair, Military Turn (1/4 Left)

1-2      Step R foot forward (1), turn 1/4 left replace weight to L foot (2) 9:00  
3-4      Rock R foot forward (3), replace weight to L (4)  
5-6      Rock R foot back (5), replace weight to L (6)  
7-8      Step R foot forward (7), turn 1/4 left replacing weight to L foot (8) (6:00)

\*Restart here on Wall 4 (6:00) restarts at 12:00

\*Restart here on Wall 8 (6:00) restarts at 12:00

## [17-24] Toe Heel Struts Fwd R-L (w/'C' Bump Hips), Points R-L (w/Arms Swings)

1-2      Place R toe forward (1), drop heel transferring weight to R foot (2)  
3-4      Place L toe forward (3), drop heel transferring weight to L foot(4)  
5-6      Point R toe to side (5), step R foot beside L foot (6)  
7-8      Point L toe to side (7), step L foot beside R foot (8)

**Hip styling for Toe Struts w/ 'C' Bump (R & L)**

**Swing hips forward-center-back on each Strut Step.**

**Arm styling for Point Steps**

**With elbows leading, swing bent arms out to side then back in for each point step.**

## [25-32] Up-Up-Clap, Back-Back-Clap, Hip Circle CCW

&1-2      Step R foot forward (&), step L foot beside R foot (1), hold & clap (2)  
&3-4      Step R foot back (&), step L foot beside R foot (3), hold & clap (4)  
5-8      Circle hips (slowly) counterclockwise (to left)

Start over!

Debra Cleckler - [debb@cleckler.com](mailto:debb@cleckler.com)

Last Update - 18 Nov. 2021