

Holiday Stretchy Pants

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Liz Atkinson (USA) - November 2021
音樂: Stretchy Pants - Carrie Underwood



#16 count introduction

Begin with weight on left foot (LF)

S1: CROSSING SHUFFLE, BUMP L-R, CROSSING SHUFFLE, BUMP R-L

1 & 2 Cross RF over LF (1), step LF close behind RF (&), cross RF over LF (2)
3, 4 (Placing LF to L side) Bump hips L (3)-R (4)
5 & 6 Cross LF over RF (5), step RF close behind LF (&), cross LF over RF (6)
7, 8 (Placing RF to R side) Bump hips R (7)-L (8) (12:00)

S2: COASTER STEP, 1/2 PIVOT R, TAP (bump), HOLD, AND TAP (bump), HOLD

1 & 2 Step RF back (1), step LF beside RF (&), step RF fwd (2)
3, 4 Step LF fwd (3), turn 1/2R (4) with weight ending on RF (6:00)
5, 6& Tap LF fwd bumping hips fwd (5), hold (6), step LF center (&)
7, 8 Tap RF fwd bumping hips fwd (7), hold (8)

***Restart here each time they finish the chorus: walls 4, 8, and 11**

S3: SAILOR STEP, CROSS, SIDE, SAILOR 1/4L, WALK R-L

1 & 2 Step RF behind LF (1), step LF to L side (&), step RF to R side (2)
3, 4 Cross LF over RF (3), step RF to R side (4)
5 & 6 Step LF behind RF (5), turn 1/4L stepping RF to R side (&), step LF fwd (6) (3:00)
7, 8 Step RF fwd (7), step LF fwd (8)

S4: JUMP FWD OUT-OUT, HOLD, JUMP BACK TOGETHER, HOLD, V-STEP

&1, 2 Jump fwd out-out RF (&)-LF (1), hold (2)
&3, 4 Jump back feet together RF (&)-LF (3), hold (4)
5, 6 Step RF diagonal fwd (5), step LF diagonal fwd (6)
7, 8 Step RF back to center (7), step LF beside RF (8) (3:00)

***Restarts: The chorus is 32 counts plus and additional 16. On wall 4, begin the sequence facing 9:00 and restart facing 3:00. On walls 8 and 11, begin the sequence facing 12:00 and restart facing 6:00.**

***Ending: On wall 14, begin the dance facing 9:00, dance 16 counts to 3:00 and turning 1/4L, step RF to R side posing to 12:00**

Contact: info@LizAtkinsonDance.com
Asheville, NC, USA