

# Goin' Hamm

拍數: 32      牆數: 2      級數: Improver  
編舞者: Trevor Thornton (USA) - August 2014  
音樂: Crank It Up - Colt Ford



**Start: 32 counts in on the words shake them hips....**

## STEP HIP SWIVEL, COASTER STEP X2

1&2      Step fwd on RF, swivel heels right raising R hip, bring heels back center  
3&4      Step back slightly on RF, step LF next to RF, step fwd on RF  
5&6      Step fwd on LF, swivel heels left raising your L hip, bring heels back center  
7&8      Step back slightly on LF, step RF next to LF, step fwd on LF

## R ROCK, RECOVER, ½ TURN SHUFFLE, L ROCK, RECOVER COASTER CROSS

1-2      Rock fwd on RF, recover weight to LF  
3&4      ½ turn over RT shoulder, stepping fwd on RF, slide LF to RT instep, step fwd on RF  
5-6      Rock fwd on LF, recover weight to RF  
7&8      Step back slightly left, step right next to left, cross left over right

**Restart here on wall 4- dance first 16 counts you will be facing 12:00 when you restart.**

## GRAPEVINE RIGHT, TURNING GRAPEVINE LEFT

1-4      Step RF to right side, step LF behind RF, step RF to right side, touch L toe next to R  
5-8      ¼ turn L step on LF, ½ turn L step back on RF, ¼ turn L step on LF, touch R toe next to L

## TOUCH R FWD, SIDE, SAILOR, TOUCH L FWD, SIDE, SAILOR

1-2      Touch R toe fwd, touch R toe to R side  
3&4      Step RF behind LF, step LF to L side, step RF to R side  
5-6      Touch L toe fwd, touch L toe to L side  
7&8      Step LF behind RF, step RF to R side, step LF to left side

## TAG: ROCKING CHAIR - After wall 9 FACING 6:00

1-4      Rock fwd on RF, recover LF, rock back on RF, recover LF

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