Honky Tonk Stomp

級數: Beginner

編舞者: Darcy Leasure (USA) - August 2022

音樂: Honky Tonk Disco Nights - Elle King & Nile Rodgers

*One EASY & FUN Tag w/ Restart

拍數: 32

Part 1 / Sliding K Step

- 1-2 Step R Forward diagonal (to 1 o'clock), drag/slide L to meet
- 3-4 Step L to Home, R to meet
- 5-6 Step R Back diagonal (to 5 o'clock), L to meet
- 7-8 Step L to Home, R to meet

Part 2 / Toe Struts with Hip Hitch, Quick Heels & Claps.

- 1 (Moving Forward) R toe touch / R hip hitch up
- 2 R heel down / R hip down
- 3 (Moving Forward) L toe touch / L hip hitch up
- 4 L heel down / L hip down
- 5,6,7 (Stationary) R,L,R quick heel digs forward
- &8 2 Claps

Part 3 / Quarter Turns / Back Paddle (*or R / L Hip Bumps)

- 1 R foot steps down in front
- 2 Quarter turn over left shoulder
- 3 R foot steps down in front
- 4 Quarter turn over left shoulder (now facing opposite wall)
- 5-8 Back Paddle for full turn (R toe touches clockwise on the beat as L foot stays in place) OR * Double Hip Bumps (see below)

Part 4 / Grapevine & Stomps.

- 1-4 Grapevine R
- 5-8 Rolling Grapevine L (with 2 Stomps on &8)

TAG & Restart (@ 1:45, you'll be on your 6 o'clock wall and have just finished part 2) Wide leg football run backwards to Home (4 counts) & Restart

* Part 3 MODIFICATION for balance or ultra beginner - Back Paddle can be replaced with hip bumps (as shown in demo)

- 5-6 Double Hip Bump to the R
- 7-8 Double Hip Bump to the L

Also works well with : Fire't Up by Brantley Gilbert (slower) I Like It (feat. Pitbull) by Enrique Iglesias (faster)

Last Update: 20 Sep 2022





牆數:2