

Kick Up the Gravel

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sara B Dancin (USA) - June 2024
音樂: Road Less Traveled - Lauren Alaina



[1-8] Alternating Leg Hooks (with swinging motion to beat)

&1&2 Right leg hook step down

[Right leg lifts straight out, bends at knee while ankle crosses in front of opposite leg, straightens back out in front, then step down next to left foot]

&3&4 Left leg hook, step down [same motions as above]

&5&6 Right leg hook, step down

&7&8 Left leg hook, Step down forward

[9-16] Hip Bumps

1,2 Hip Bumps x2 [forward direction/left hip]

3,4 Hip Bumps x2 [to the back/right hip]

5,6,7,8 Alternating Hip Bumps [Front, back, front, back] weight ending on right

[17-24] Step Back, touch, Walk forward, Step together

1,2,3,4 Step back (L,R,L), Touch (R) [Right foot touches at side of left]

5,6,7,8 Walk forward (R,L,R,L) left foot steps with weight down (evenly on both feet)

[25-32] Grapevine to right, Shuffle w/ 1/4 turn left, 2 Stomps

1,2,3,4 Grapevine to right, Touch (L) [R to side, L behind, R to side, L touch]

5&6 Shuffle (L) 1/4 to left [with left foot in front, turn to left, move forward while lifting one foot up at a time (L,R,L) keeping the left in front]

7,8 Stomp x2 (R) [right foot Stomps down in place] weight ends on left

Styling options: Clap at end of Grapevine, Rolling vine/turns (turning instead of stepping back/grapevines)

Thank you so much!! @sarabdancin

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