

Shakin' In Them Boots

拍數: 32 牆數: 4 級數: Beginner
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音樂: Shakin' In Them Boots - Jade Eagleson



Intro: 16 counts - No tags or restarts

Stomp R, Kick R, R Coaster Step, Stomp L, Kick L, L Coaster Step

- 1-2 Stomp R foot in place and kick R foot forward
- 3&4 Step R foot back, bring L foot next to it, and quickly step R foot forward (weight is now on R)
- 5-6 Stomp L foot in place and kick L foot forward
- 7&8 Step L foot back, bring R foot next to it, and quickly step L foot forward (weight is now on L)

(A good modification for beginners is to do a triple step in place if they struggle with coaster steps.)

Triple Steps Forward On Diagonals, Triple Steps Backward On Diagonals

- 1&2 Step R foot forward and right (about 2 o'clock), step L foot up next to R foot, and quickly step R foot forward again on the forward and right side diagonal
- 3&4 Step L foot forward and left (about 10 o'clock), step R foot up next to L foot, and quickly step L foot forward again on the forward and left side diagonal.
- 5&6 We are going to reverse what we just did going forward by moving backwards by stepping R foot backwards and right, step L foot back next to R foot, and quickly step R foot backwards again on the backwards/right side diagonal.
- 7&8 Continue going backwards by stepping L backwards and left, step R foot back next to L foot, and quickly step L foot backwards again on the backwards/left side diagonal.

Grapevine R w/ Touch, Grapevine L w/ a Touch

- 1-4 Step R foot out to right side (1), step L foot behind R foot (2), step R foot out to right side (3), touch L foot next to R (4)
- 5-8 Step L foot out to left side (5), step R foot behind L foot (6), step L foot out to left side (7), and touch R foot next to L (8)

Side Rocks Into ¼ Turn Heel Switches

- 1-2 Step (rock) R foot out to right side and transfer weight onto it, recover onto L (transfer weight back to L)
- &3-4& Bring R foot next to L (&) as you quickly step (rock) L foot out to left side (3), recover onto R (transfer weight back to R) (4), then step onto L foot, which is next to R foot and transfer weight onto it (&)
- 5&6&7&8& Place R heel forward (5), step onto R foot (&), Place L heel forward turning slightly to left (6), step onto L foot (&), repeat this again with the R and L heels (switching back and forth) as you make a ¼ turn over your left shoulder. Be sure to end with weight on your left foot on the "&" count (last count) so that you have a clean start with your R foot at the top of the dance.

Happy Shakin' in Them Boots!