

Stretchy Pants

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Lynne Hoover (USA) - November 2024
音樂: Stretchy Pants - Carrie Underwood



Intro: 16 counts - No tags, no restarts

SIDE ROCK, CROSSING SHUFFLE, SIDE ROCK, CROSSING SHUFFLE

1-2 Rock to R side, recover on to L
3&4 Cross R over L shuffle RLR
5-6 Rock to L side, recover on to R
7&8 Cross L over R shuffle LRL

FORWARD ROCK, FULL TURN SHUFFLE, FORWARD ROCK, SHUFFLE ½ TURN LEFT

1-2 Rock forward on R, recover on to L
3&4 Shuffle RLR making full turn to R
5-6 Rock fwd on L, recover on to R
7&8 Shuffle LRL making ½ turn to L

CROSS WALKS (Sassy Walks), MAMBO RIGHT, MAMBO LEFT

1-4 Cross R over L, cross L over R, cross R over L, cross L over R (bend knees slightly)
5&6 Step out to R, step on L, step R next to L
7&8 Step out to L, step on R, step L next to R

JAZZ BOX, BACK DRAG x2

1-2 Cross R over L, step back on L
3-4 Step on R, step on L
5-6 Step back on R, drag L next to R taking weight on L
7-8 Step back on R, drag L next to R taking weight on L

Last Update: 12 Nov 2024
