

拍數: 32 牆數: 2 級數: Beginner
編舞者: Tonya Coon Moore (USA) - November 2024
音樂: KOOL - Forestella
或: Texas - Blake Shelton



8 Count Intro

NO TAGS, NO RESTARTS!

WALK FORWARD 4X, UP AND DOWN HIP BUMPS

- 1-4 Walk Forward Right, Left, Right, Left
5-8 Step Forward with Right Foot 1/8 Diagonal to Left as you bump Right Hip Up, Bump Right Hip Down, Bump Right Hip Up again, Bump Right Hip Down (Keeping weight on Left). (Your hips draw a letter 'C' in the air)

STEP TOUCH BACK 2X, UNWIND

- 1-2 Step Right Foot Diagonally Back, Touch Left Foot next to Right
3-4 Step Left Foot Diagonally Back, Touch Right Foot next to Left
***Option for Counts 1-4: Step Right Foot Diagonally Back while Rolling your body, Touch Left Foot in Front of Right, Step Left Foot Diagonally Back while Rolling your body, Touch Right Foot in Front of Left.**
5-8 Cross Right Foot Behind Left Foot and Unwind Full Turn to Left

VINE RIGHT, VINE LEFT

- 1-4 Step Right Foot to Right, Cross Left Foot Behind Right Foot, Step Right Foot to Right, Touch Left Foot next to Right (Optional Clap on 4)
5-8 Step Left Foot to Left Cross Right Foot Behind Left Foot, Step Left Foot to Left, Touch Right Foot next to Left (Optional Clap on 8)

***Option Rolling Vines**

STEP OUT RIGHT, STEP OUT LEFT, STEP ½, STEP OUT RIGHT, STEP OUT LEFT, HIP ROLL

- 1-2 Step Right Foot out Right, Step Left Foot out Left
3-4 Step Right Foot Forward, Pivot ½ to Left
5-6 Step Right Foot out Right, Step Left Foot out Left
7-8 Roll Hips from Left Side to Right Side (Roll Hips Counterclockwise)

REPEAT

Last Update - 30 Nov. 2024 - R1