

Stretchy Pants

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Judy Rodgers (USA) - November 2024
音樂: Stretchy Pants - Carrie Underwood : (Amazon.com)



#16 count intro - 2 Restarts

S1: Step lock & walk walk, mambo step, back turn 1/4 L

1-2& Step R fwd to right diagonal, step/lock L behind R, step R fwd
3-4 Walk fwd L, R (straighten to front)
5&6 Rock L fwd, recover R, step L slightly back
7-8 Step R back, turn 1/4 left step L to left side 9:00

S2: Cross rock, shuffle right, cross turn 1/4 L, sweep/sailor step

1-2 Cross/rock R over L, recover L
3&4 Shuffle right R L R
5-6 Cross L over R, turn 1/4 left step R back 6:00
7&8 Sweep/step L behind R, step R to right side, step L to left side

***** Wall 4 and Wall 8...restart here

S3: Bump bump, side rock cross, turn 1/4 R touch, turn 1/2 R step

1-2 Bump R, bump L
3&4 Rock R to right side, recover L, cross R over L
5-6 Turn 1/4 right step L back, touch R toe back 9:00
7-8 Turn 1/2 right step R down, step L fwd 3:00

S4: Step touch, step touch, kick ball step, bump and bump

1-2 Step R fwd diagonal, touch L beside R
3-4 Step L fwd diagonal, touch R beside L
5&6 Kick R, step on ball of R, step L fwd
7&8 Bump hips L, R, L