

Line Dance Lady

拍數: 74 牆數: 0 級數:
編舞者: Andy Hasemeier
音樂: Line Dance Lady - Dennis F. Tomorsky



RIGHT HEEL WORK:

- 1 Place right heel out in front
- 2 Bring right toe next to left heel
- 3 Place right heel out in front
- 4 Dig right heel

LEFT HEEL WORK:

- 5 Switch left heel out in front
- 6 Bring left toe next to right heel
- 7 Place left heel out in front
- 8 Dig left heel

RIGHT VINE WITH TOUCH:

(Weight is on right foot, shift weight to left toe and hop out on right foot. The count will start with & 1 or & 9, continue with the vine as follows:

- &9 Hop out on right foot
- 10 Left behind right
- 11 Step out on right foot
- 12 Touch left foot next to right

TURNING LEFT VINE WITH STOMP:

- 13 Step left with left foot
- 14 Pivot ½ turn to left (face back wall), step down with right
- 15 Pivot ½ turn to left (face front wall), step down with left
- 16 Stomp right foot

LEFT AND RIGHT SHOULDER ROLLS:

- 17-18 Roll left shoulder back (2 counts)
- 19-20 Roll right shoulder back (2 counts)

THE TWIST:

- 21-22 Twist down right, left
- 23-24 Twist up right, left

BASEBALL DIAMOND FIGURE (START AT HOME PLATE):

- 25-30 Diagonal forward to 1st base, shuffle right, shuffle left
- 31-36 Diagonal backward to 2nd base, shuffle right, shuffle left
- 37-42 Diagonal forward to 3rd base, shuffle right, shuffle left
- 43-48 Straight backward to home plate, shuffle right, shuffle left

DIG RIGHT HEEL FORWARD:

- 49-52 Right heel, heel, heel, heel. Dig left heel forward
- 53-56 Left heel, heel, heel, heel

ALTERNATING HEEL HOPS:

- 57-58 Hop right heel, hop left heel
- 59-60 Hop right heel, clap

HIP BUMPS AND GRINDS:

- 61-62 Bump right hip forward (2 times)
- 63-64 Bump left hip backward (2 times)
- 65-66 Grind right hip forward (2 times)

TURNING JAZZ BOX, BRUSH, STOMP:

(Weight is on the left foot)

- 67 Step right foot over left, turning a $\frac{1}{4}$ to the left,
- 68 Pick up left foot and slap with left hand
- 69 Step down on left foot
- 70 Pick up right foot and slap with right hand
- 71-72 Brush right foot forward, brush right foot back
- 73 Stomp right foot
- 74 Stomp left foot

REPEAT
