

Lonestar Bump

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: No News (Dance Mix) - Lonestar



SHUFFLE

1&2 Shuffle forward on right, left, right

SHUFFLE AND TURN

3&4 Shuffle forward on left, right, left turning ½ turn to the right at the same time

SHUFFLE BACK

5&6 Shuffle backward on right, left, right

7&8 Shuffle backward on left, right, left

HALF PADDLE TURN

9-10 Touch right heel in front and turn body to 10:00 o'clock, touching right toe down to the floor at the same time

11-12 Repeat steps 9 - 10 turning body to 8:00 o'clock

13-14 Repeat steps 9 - 10 again, turning body to 6:00 o'clock

15-16 Stomp right foot twice and clap hands at the same time

BRUSH TURNS

17 Brush right foot forward turning body ¼ turn to the right at the same time

18 Step down on right foot

19 Brush left foot forward and turn ½ turn to the left at the same time

20 Step down on left foot

NO NEWS STRUT

(Wag 1st finger of Right hand in front of you as if you are telling someone "No NEWS!")

21-22 Step forward on right toe, drop right heel to the floor

23-24 Step forward on left toe, drop left heel to the floor

LONESTAR BUMPS

& Step right foot to 2 o'clock

25-26 Bump hips forward twice

27-28 Bump hips to the rear twice

& Step right foot to 5 o'clock

29-30 Bump hips to the rear twice

31-32 Bump hips forward twice

REPEAT
