

Lonestar Slide

拍數: 48 牆數: 2 級數:
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: No News - Lonestar



SIDE STEPS WITH HIP SHIMMIES

- 1 Bend knees slightly and step to the right on right foot while shimmying hips
- 2 Keeping knees bent, continue to shimmy hips
- 3 Straighten knees and step left foot next to right
- 4 Hold and clap hands (weight on right foot)
- 5 Bend knees slightly and step to the left on left foot while shimmying hips
- 6 Keeping knees bent, continue to shimmy hips
- 7 Straighten knees and step right foot next to left
- 8 Hold and clap hands (weight on left foot)

CROSS ROCK STEPS, TRIPLES IN PLACE

- 9-10 Cross right foot in front of left and step; rock back onto left foot in place
- 11&12 Triple step in place (right, left, right)
- 13-14 Cross left foot in front of right and step; rock back onto right foot in place
- 15&16 Triple step in place (left, right, left)

TOUCH & CROSS STEPS, UNWIND, ROCK STEPS, TOUCH

- 17-18 Touch right toes to the right; cross right foot over left and step
- 19-20 Touch left toes to the left; cross left foot over right and step
- 21-22 Unwind $\frac{1}{2}$ turn to the right (weight on left foot); step back on right foot
- 23-24 Rock forward onto left foot in place; touch right foot next to

LEFT AND CLAP HANDS DIAGONAL LUNGES, HIPS BUMPS

- 25-26 Lunge forward diagonally to the right on right foot; slide left foot next to right
- 27-28 Bump hips to the right twice
- 29-30 Lunge back diagonally to the left on left foot; slide right foot next to the left
- 31-32 Bump hips to the left twice

SHUFFLE FORWARD, ROCK STEPS, BACK SCOOT

- 33&34 Shuffle forward (right, left, right)
- 35&36 Shuffle forward (left, right, left)
- 37-38 Step forward on right foot; rock back onto left foot in place
- 39-40 Scoot back twice on left foot while hitching right knee

ROCK STEPS, TO THE LEFT MILITARY PIVOTS, STOMPS

- 41-42 Step back on right foot; rock forward onto left foot in place
- 43-44 Step forward on right foot; pivot $\frac{1}{2}$ turn to the left on ball of right foot and shift weight to left foot
- 45-46 Step forward on right foot; pivot $\frac{1}{2}$ turn to the left on ball of right foot and shift weight to left foot
- 47-48 Stomp right foot next to left; stomp left foot next to right

REPEAT