# Makin' Bread



編舞者: Thomas Haynes (USA)

音樂: Shortenin' Bread - The Tractors



Start after you here the words "Mama's Little Baby" four times. Count eight beats of music. You will start after the words "...driving me crazy..."

#### **INTRO**

#### SHIMMY SHAKIN'

1	Step forward with right foot, knees slightly bent
2	Shimmy shake shoulders (hips too if you like) forward
3	Touch left foot next to right, keep weight on right.
4	Hold
5	Step forward with left foot knees slightly bent
6	Shimmy shake forward
7	Touch right next to left, weight remains on the left.
8	Hold
9	Step back on right foot, knees slightly bent.
10	Shimmy shake back
11	Touch left foot next to right, weight remains on right
12	Hold
13	Step back with left foot knees slightly bent
14	Shimmy shake back
15	Touch right foot next to left, weight remains on the left.
16	Hold

#### THE MAIN DANCE

#### **HIP SHAKES**

17-32

1-4 Ste	ep to riaht with ri	aht foot, leanina l	bodv to right, knees s	lightly bent shake hips to	o the riaht

four times

Repeat steps 1-16

5-8 Lean weight & body to left foot, slightly bend knees shake hips left four times

## **RIGHT VINE & TURN WITH HIP ROLLS**

1	Step to right with right foot
2	Step left foot behind right
3	Step to right with right foot one-fourth turn to the right
4	Step down with left foot in of right

5-8 Roll hips back, forward twice bending knees as you roll weight ending on left

### **TOE TOUCHES**

1	Touch right toes to the right
2	Step right next to left
3	Touch left toes to the left
4	Step left next to right

5-8 Repeat above four steps weight ends on left.

#### **BACK WALK & FORWARD SLIDES**

1	Step back with right
2	Step back with left
3	Step back with right

4 Hitch left forward
5 Step forward with left
6 Slide right up to left
7 Step forward with left
8 Small scuff forward with right.

# **REPEAT**