

Makin' Bread

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
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
- 17-32 Repeat steps 1-16

THE MAIN DANCE

HIP SHAKES

- 1-4 Step to right with right foot, leaning body to right, knees slightly bent shake hips to the right four times
- 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
