

Milk Cow Boogie

拍數: 32 牆數: 4 級數: Beginner
編舞者: Maria Graube (SWE)
音樂: Milk Cow Blues Boogie - Ricky Nelson



HEEL HOOK, HEEL, CLOSE - RIGHT & LEFT

1-2 Touch right heel forward, hook right heel in front of left knee
3-4 Touch right heel forward, step right beside left
5-6 Touch left heel forward, hook left heel in front of right knee
7-8 Touch left heel forward, step left beside right

CHASSÉ RIGHT, ROCK BACK, CHASSÉ LEFT, ROCK BACK

1&2 Step right to right side, close left beside right, step right to right side
3-4 Rock back on left, recover on right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Rock back on right, recover on left

Option: right chassé look right, left chassé - look left, right arm throws lasso all time

WALK FORWARD RIGHT, LEFT, RIGHT, HITCH LEFT, WALK BACK LEFT, RIGHT, LEFT, STOMP RIGHT BESIDE LEFT

1-2-3 Walk forward right, left, right
4 Hitch left knee
5-6-7 Walk back left, right, left
8 Stomp right beside left

Option: make a full turn over your left shoulder on count 1-3, snap your fingers on count 8)

RIGHT STEP TOUCH FORWARD WITH CLAP, LEFT STEP TOUCH BACK WITH CLAP, TURN ¼ RIGHT, HOLD, TURN ½ LEFT, HOLD

1-2 Step right forward, touch left beside right and clap
3-4 Step left back, touch right beside left and clap (option: behind your back this time)
5-6 Make ¼ turn right while stepping right forward, hold
7-8 Make ½ turn left while step left forward, take weight and hold

Option: on counts 5-8 place your right hand on your cowboy hat

REPEAT