

Pour Me

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Brenda Curran (USA)
音樂: Pour Me - Trick Pony



TOE TOUCH RIGHT SIDE, HEEL BOUNCE, TOE TOUCH LEFT, HEEL BOUNCE

- 1-4 Touch right toe to right side, bounce right heel 3x (lean body to right side as you are bouncing heel)
5-8 Touch left toe to left side, bounce left heel 3x (lean body to left side while you are bouncing heel)

KNEE ROLLS AND BOUNCES, STEP RIGHT, STEP LEFT

- 1-4 Roll right knee to right side 2 counts; roll left knee to left side 2 counts
5-6 Bounce knees together for 2 counts
7-8 Step right to home, step left beside right

ROCK STEP, SHUFFLES

- 1-4 Rock step right forward, recover left, shuffle back right, left, right
5-8 Rock step left back, recover right, shuffle forward left, right, left

STEP RIGHT ¼ TURN TWICE, SLOW SAILOR STEPS

- 1-4 Step right forward, hold, turn ¼ left stepping on left, hold
5-8 Repeat 1-4
1-8 Right to side, left behind right, right to side, left forward, right behind left, left to side, right step forward, step left behind right

STEP ROCK STEP TWICE, HIP BUMPS, HIP ROLLS

- 1-4 Step right forward, recover left, rock step right forward, scuff left forward
5-8 Rock step left forward, recover right, rock step left forward, scuff right forward with ¼ turn left
1-4 Step on right bumping right hip to side for 2 counts, bump left hip to left side for 2 counts
5-8 Roll hips around to the right for 4 counts (end with weight on left)

8 COUNT WEAVE TO LEFT

- 1-8 Cross right over left, step left to side, cross right behind left, step left to side, cross right over left, step left to side, cross right behind left, step left to side

REPEAT

TAG

After 2nd wall and after 5th wall only (when she sings "pour me" again). You can do tag at the beginning of song, and then start the dance on "whiskey"

- 1-4 Rock step to right side, step left beside right, cross right over left, hold
5-6 Touch left toe to left side, hitch left knee in front of body
7-8 Repeat 5-6
1-4 Rock step left to left side, step right beside left, cross left over right, hold
5-6 Touch right toe to right side, hitch right knee in front of body
7-8 Repeat 5-6