

# Stud Muffin

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Sharon Farris (USA)  
音樂: I Feel Lucky - Mary Chapin Carpenter



## TOE-HEEL STRUTS FORWARD, STOMPS, HIP THRUSTS

- 1 Touch right toe forward
- 2 Lower right heel down onto floor
- 3 Touch left toe forward
- 4 Lower left heel down onto floor
- 5 Stomp right foot forward
- 6 Stomp left foot next to right
- & Push hips back while putting arms out forward
- 7 Push hips forward while pulling arms back to chest
- & Push hips back while putting arms out forward
- 8 Push hips forward while pulling arms back to chest

## VINE RIGHT, SCUFF, SIDE STEP LEFT, CROSS STEP, TURN, PIVOT WITH SCUFF

- 9 Step to the right on right foot
- 10 Cross left foot behind right and step
- 11 Step to the right on right foot
- 12 Scuff left foot forward
- 13 Step to the left on left foot
- 14 Cross right foot behind left and step
- 15 Step to the left on left foot making a  $\frac{1}{4}$  turn to the left with the step
- 16 Pivot  $\frac{1}{2}$  turn to the left on ball of left foot and scuff right foot forward

## TOE-HEEL STRUTS FORWARD, STOMPS, HIP THRUSTS

- 17 Touch right toe forward
- 18 Lower right heel down onto floor
- 19 Touch left toe forward
- 20 Lower left heel down onto floor
- 21 Stomp right foot forward
- 22 Stomp left foot next to right
- & Push hips back while putting arms out forward
- 23 Push hips forward while pulling arms back to chest
- & Push hips back while putting arms out forward
- 24 Push hips forward while pulling arms back to chest

## ROCK STEPS, MILITARY PIVOTS TO THE LEFT, STOMPS

- 25 Step back on right foot
- 26 Rock forward onto left foot
- 27 Step forward on right foot
- 28 Pivot  $\frac{1}{2}$  turn to the left on ball of right foot and shift weight to left foot
- 29-30 Repeat beats 27-28
- 31 Stomp right foot forward
- 32 Stomp left foot next to right (stomp down)

**REPEAT**