Swingin' Boots



拍數: 40 牆數: 2 級數:

編舞者: Deb Austin

音樂: Whose Bed Have Your Boots Been Under? - Shania Twain



SWING HEEL FORWARD, BACK, FORWARD, BACK:

1 Swing right heel forward at 45 degree angle to the right.

2 Swing right toe back to place.

3 Swing right heel forward at 45 degree angle to the right.

4 Swing right toe back to place. Foot does not touch the floor on counts 1-4.

5 Swing right heel forward at 45 degree angle to the right.

6 Swing right heel across left shin.

7 Swing right heel forward at 45 degree angle to the right.

8 Swing right heel to place, touch toe to floor.

SWING HEEL FORWARD, CROSS, FORWARD, TOUCH:

VINE RIGHT, STOMP LEFT:

Step right foot to side.
Cross left foot behind right.
Step right foot to side.
Stomp left foot to place.

14 TURN LEFT, 14 TURN LEFT:

13 Step right foot forward.

14 Pivot ¼ turn left on ball of left foot.

15 Step right foot forward.

16 Pivot ¼ turn left on ball of left foot.

SHUFFLE RIGHT, SHUFFLE LEFT:

Step right foot forward.
Slide left foot to place.
Step right foot forward.
Step left foot forward.
Slide right foot to place.
Step left foot forward.

HIP BUMPS FORWARD, BACK:

21 Step right foot slightly forward, bump right hip forward.

Bump right hip forward.
Bump left hip back.
Bump left hip back.

SIDE SHUFFLE RIGHT, ROCK STEP (SWING STYLE):

25 Step right foot slightly to right side.

& Slide left foot to place.Step right foot in place.

27 Rock back on left foot, angle body 45 degrees to the left.

28 Rock forward on right foot, facing forward.

SIDE SHUFFLE LEFT, ROCK STEP (SWING STYLE):

29 Step left foot slightly to right side.

& Slide right foot to place.Step left foot in place.

Rock back on right foot, angle body 45 degrees to the left.

Rock forward on left foot, facing forward.

SHUFFLE RIGHT, SHUFFLE LEFT:

33 Step right foot forward.
& Slide left foot to place.
34 Step right foot forward.
35 Step left foot forward.
& Slide right foot to place.
36 Step left foot forward.

PUMP RIGHT (TWICE), STOMP, CLAP:

Raise right knee up, pump right foot.
Raise right knee up, pump right foot.

39 Stomp right foot in place.

40 Clap hands.

REPEAT