

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.

SWING HEEL FORWARD, CROSS, FORWARD, TOUCH:

- 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.

VINE RIGHT, STOMP LEFT:

- 9 Step right foot to side.
- 10 Cross left foot behind right.
- 11 Step right foot to side.
- 12 Stomp left foot to place.

¼ TURN LEFT, ¼ 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:

- 17 Step right foot forward.
- & Slide left foot to place.
- 18 Step right foot forward.
- 19 Step left foot forward.
- & Slide right foot to place.
- 20 Step left foot forward.

HIP BUMPS FORWARD, BACK:

- 21 Step right foot slightly forward, bump right hip forward.
- 22 Bump right hip forward.
- 23 Bump left hip back.
- 24 Bump left hip back.

SIDE SHUFFLE RIGHT, ROCK STEP (SWING STYLE):

- 25 Step right foot slightly to right side.
- & Slide left foot to place.
- 26 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.
- 30 Step left foot in place.
- 31 Rock back on right foot, angle body 45 degrees to the left.
- 32 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:

- 37 Raise right knee up, pump right foot.
- 38 Raise right knee up, pump right foot.
- 39 Stomp right foot in place.
- 40 Clap hands.

REPEAT
