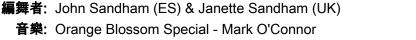
Western Express



拍數: 34 牆數: 0 級數:





PIGEON TOES

With weight on the balls of the feet move heels apart 1 2 With weight on the balls of the feet move heels together

3 Move heels apart 4 Move heels together

DOWN-UP, DOWN-UP

1 Bend knees 2 Straighten knees 3 Bend knees Straighten knees

As you are going up and down make "locomotive" driving wheel movements with both arms, like a snow skier

Raise right knee twice

At same time raise right hand in air and "Pull" that train whistle, twice, with a verbal "Whoo, Whoo"

RIGHT GRAPEVINE

1 Right foot step to right side 2 Left foot cross behind right 3 Right foot step to right side 4 Hop on right with 1/2 turn to right

LEFT GRAPEVINE

1 Left foot step to left side 2 Cross right foot behind left 3 Left foot step to left side 4 Hop on left foot

STEP, HOP, STEP, HOP

1 Step forward on right foot

2 Hop on right foot

3 Step forward on left foot

4 Hop on left foot

RIGHT GRAPEVINE

Right foot step to right side 2 Cross left foot behind right 3 Step right foot to right side

4 Hop on right with ½ turn to the right

LEFT GRAPEVINE

1 Left foot step to left side 2 Cross right foot behind left 3 Left foot step to left side

4 Hop on left

- Step forward on right foot
- Hop on right
- 1 2 3 4 Step forward on left foot
- Stomp right foot

REPEAT