

Zig Zag Cowboy

拍數: 36 牆數: 2
編舞者: Alison Metelnick (UK)
音樂: Unknown

級數: Beginner



STEP SLIDE FORWARD & BACK X 2

- 1-2 Step right foot forward, slide left foot behind right
- 3-4 Step left foot back, slide right foot in front of left
- 5-6 Step right foot forward, slide left foot behind right
- 7-8 Step left foot back, slide right foot in front of left

GRAPEVINE & SCUFF, GRAPEVINE ¼ TURN & SCUFF

- 1-2 Step right foot to right side, cross left foot behind right
- 3-4 Step right foot to right side, scuff left foot next to right
- 5-6 Step left foot to left side, cross right foot behind left
- 7-8 Step left foot ¼ turn left, scuff right foot next to left

GRAPEVINE ¼ TURN & SCUFF, GRAPEVINE & SCUFF

- 1-2 Step right foot to right side, cross left foot behind right
- 3-4 Step right foot ¼ turn right, scuff left foot next to right
- 5-6 Step left foot to left side, cross right foot behind left
- 7-8 Step left foot to left side, scuff right foot diagonally forward and place weight on it

HIP PUSHES, HIP GRINDS

- 1-2 Bump hips forward twice
- 3-4 Bump hips back twice
- 5-6 Grind hips in a full circle (or bump hips forward twice)
- 7-8 Grind hips in a full circle (or bump hips back twice)

STEP, PIVOT, STOMP, CLAP

- 1-2 Step left foot forward, pivot ½ turn left
- 3-4 Step left foot next to right, clap

REPEAT
