

Hitchin Post

拍數: 32 牆數: 2 級數: Improver
編舞者: Lana Harvey (USA)
音樂: Calling Baton Rouge - Garth Brooks



STEP HITCHES, ROCK FORWARD, BACK

- 1 Step right forward.
- 2 Raise left knee in a straight hitch. (open hitch, foot straight down from knee)
- 3 Turning $\frac{1}{4}$ to left, step left forward (facing 9:00)
- 4 Raise right knee in straight hitch.
- 5 Turning $\frac{1}{4}$ to right, step right forward. (facing original wall)
- 6 Raise left knee in a straight hitch.
- 7 Step left foot forward and shift weight to it, raising right foot.
- 8 Step in place on right shifting weight back to it.

SHUFFLE BACK, $\frac{1}{2}$ TURN TO THE RIGHT, SHUFFLE FORWARD, STOMP RIGHT, LEFT

- 9&10 Shuffle back -left, right, left
- 11 Step $\frac{1}{4}$ turn to right on right.
- 12 Pivot $\frac{1}{4}$ turn to right on ball of right, raising left knee in straight hitch.
- 13&14 Shuffle forward-left, right, left
- 15 Stomp right next to left.
- 16 Stomp left foot in place.

TOUCH, STOMP, TOUCH, STEP,. TOUCH, STOMP, TOUCH, STEP

- 17 Touch right toe to right side.
- 18 Stomp right next to left.
- 19 Touch right toe to right side.
- 20 Step right next to left putting weight on it.
- 21 Touch left toe to left side.
- 22 Stomp left next to right
- 23 Touch left toe to left side.
- 24 Touch left next to right.

KNEE SLAP, BOOT SLAP, STOMP, CLAP, HEEL SPREAD

- 25 Step slightly forward on left
- 26 Raise right knee angling it slightly toward left side. Hit inside of knee with left hand.
- 27 Step in place on right.
- 28 Raise left up behind right leg. Hit it with right hand.
- 29 Stomp left down slightly apart from right.
- 30 Hold and clap.
- 31 Spread heels apart
- 32 Bring heels together and shift weight to left.

REPEAT
