

Hick Chicks

拍數: 32 牆數: 4 級數: Improver
編舞者: Guyton Mundy (USA)
音樂: Hick Chicks - Cowboy Troy



STEP, SAILOR TWICE, HIP BUMPS WITH HAND SHAKES

1 Step right to side
2&3 Cross left behind right, step right together, step left forward
4&5 Cross right behind left, step left together, step right to side and bump hips to right
6 Bump hips to right
7-8 Bump hips to left, bump hips to left (weight to left)

Alternate hands for 5-8. When you step out on count 5, take both hands up and out to left and shake them down and across body for counts 5-6, then repeat to the right for counts 7-8

½ PADDLE TURN, WALKS WITH HIP SLAPS, ARMS UP, ROLL, ROLL

1 Turn 1/8 left and touch right to side
2-3-4 Repeat count 1 three more times

You will have completed a ½ paddle turn

5& Step right forward, step left forward

Arms: slap right hip with right hand on 5, slap left hip with left hand on &

6& Step right forward, step left forward

Arms: bring right arm up in front of chest on 6, bring left arm up in front of chest on &

7-8 Step right forward, step left forward

Arms: roll arms into body on 7-8

STEP WITH HEEL SLAPS TWICE, WALKS X3, KICK, HOOK, KICK, BALL STEP WITH ¼, SHOULDER POPS

1&2 Step right forward, slap left heel with right hand behind right leg, step left together
&3 Slap right heel with left hand behind left leg, step right together
&4 Step left forward, step right forward
5&6 Kick left foot forward, hook left across right, kick left forward
&7 Turn ¼ left and step left forward, step right together
&8 Pop shoulders right, pop shoulders left

Slightly bend forward on shoulder rocks

SHUFFLE BACK, SHUFFLE ½, CROSS ARMS, BALL STEP WITH ARM SWING

1&2 Step right back, step left together, step right back
3&4 Turn ¼ left and step left to side, step right together, turn ¼ left and step left forward
5-6 Step right forward, step left forward

Arms: extend right arm out in front slightly crossing over body on 5, extend left arm out in front crossing over right arm on 6

&7 Step right together, step left forward

Arms: left arm stays extended out and right arm goes up and you make a circle to the right over your head on count 7

&8 Step right together, step left forward

Arms: left arm stays extended out and right arm goes up and you make a circle to the right over your head

Counts &7&8 should look like you are using a lasso, like you are roping a horse

REPEAT