

# The 4 X 4

拍數: 46      牆數: 4      級數:  
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音樂: Pickup Man - Joe Diffie



## HEEL TOUCHES, HEEL TAPS

- 1            Touch right heel forward and diagonally to the right
- 2            Step right foot next to left
- 3            Touch left heel forward and diag to the left
- 4            Step left foot next to right
- 5            Touch right heel forward and diagonally to the right
- 6            Step right foot next to left
- 7-8         Tap left heel forward and diagonally to the left twice

## HIP BUMPS, HIP ROLL

- 9-10        Step down onto left foot and bump hips to the left twice
- 11-12      Bump hips to the right twice
- 13-16      Slowly roll hips from right to left on these four counts

## VINE RIGHT, TOUCH, LEFT KICK BALL CHANGES

- 17           Step to the right on right foot
- 18           Cross left foot behind right and step
- 19           Step to the right on right foot
- 20           Touch left foot next to right
- 21           Kick left foot forward
- &            Step onto ball of left foot next to right foot
- 22           Shift weight onto right foot
- 23&24      Repeat beats 21&22

## VINE LEFT, TOUCH, RIGHT KICK BALL CHANGES

- 25           Step to the left on left foot
- 26           Cross right foot behind left and step
- 27           Step to the left on left foot
- 28           Touch right foot next to left
- 29           Kick right foot forward
- &            Step onto ball of right foot next to left foot
- 30           Shift weight onto left foot
- 31&32      Repeat counts 29&30

## MILITARY PIVOTS TO THE LEFT, STOMP HOLD & CLAP

- 33           Step forward on right foot
- 34           Pivot ½ turn to the left on right foot and shift weight to left foot
- 35-36      Repeat counts 33&34
- 37           Stomp right foot next to left
- 38           Hold and clap hands

## SIDE SHUFFLES, ROCK STEPS

- 39&40      Shuffle sideways to the right (right-left-right)
- 41           Cross left foot behind right and step
- 42           Rock forward onto right foot

43&44 Shuffle sideways to the left (left-right-left)  
45 Cross right foot behind left and step  
46 Rock forward onto left foot

**REPEAT**

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