

The Cowgirl

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ann Fore (USA) & Cheryl L. Thompson
音樂: What the Cowgirls Do - Vince Gill



KICK-BALL CHANGE, CHARLESTON

1&2 Kick right forward, quickly step on right, then left
3 Step forward on right
4 Kick left and clap
5 Step back on left
6 Touch right beside left

SYNCOPATED JUMPS, ¼ TURN, TOUCH, CROSS, KICK

7& Jump with feet slightly apart, jump with feet farther apart
8& Jump with feet slightly closer, jump with feet together
9 Step right on right turning ¼ right
10 Touch left toe left
11 Cross left over right
12 Kick right (coming around left leg)

STEP, STEP, STOMP, STOMP

13 Step right beside left
14 Step left in place
15 Stomp right
16 Stomp right

GRAPEVINE RIGHT, STOMP

17 Step right on right
18 Cross left behind right
19 Step right on right
20 Stomp left beside right

GRAPEVINE LEFT WITH ½ TURN, STOMP

21 Step left on left
22 Cross right behind left
23 Step left on turning ½ left
24 Stomp right beside left

POLKA, POLKA

25&26 Shuffle forward right, left, right
27&28 Shuffle forward left, right, left

CROSS, UNWIND, BUMP, BUMP

29 Cross right over left
30 Unwind ½ left
31 Bump right hip
32 Bump left hip

REPEAT