

Cowpattie

拍數: 48 牆數: 0 級數:
編舞者: Georgeanne Valis (USA)
音樂: John Deere Green - Joe Diffie



GRAPEVINES WITH TURNS

- 1-2 Step right foot to the right, step left foot behind right foot
3 Step right foot to the right
4 Kick left foot turning $\frac{1}{4}$ turn to the right
5-6 Step left foot to the left, step right foot behind left foot
7 Step left foot to the left
8 Kick right foot turning $\frac{3}{4}$ turn left on ball of left foot
- 9-10 Stomp right foot forward, stomp left foot forward
11-12 Stomp right foot forward, stomp left foot forward

COW PATTIE

- 13-14 Rub right foot along floor slowly (as if scraping off a cow pattie)
15-16 Stomp right foot, hold a beat
17-18 Rub left foot along floor slowly (as if scraping off a cow pattie)
19-20 Stomp left foot, hold a beat
21-28 Repeat counts 13-20

FORWARD SHUFFLES

- 29&30 Right shuffle forward (right, left, right)
31&32 Left shuffle forward (left, right, left)
33&34 Right shuffle forward (right, left, right)
35&36 Left shuffle forward (left, right, left)
- 37-38 Shake right foot twice
39 Jump with feet apart (like mounting a horse from rear)
40 Hold position a beat
- Hold hands in front as if holding reins**
- 41 Jump forward with feet still apart
42 Jump forward with feet still apart
43 Jump forward with feet still apart
44 Jump forward with feet still apart
- Swing an imaginary lasso above your head during next 4 beats**
- 45 With feet still apart swing hips to the right
46 Swing hips to the left
47 Swing hips to the right
48 Swing hips to the left

REPEAT