

Cotton Eyed Joe Mixer

拍數: 48 牆數: 0 級數:
編舞者: Susan Brooks (USA) & Harry Brooks (USA)
音樂: Cotton Eye Joe - Rednex



- 1 Half hitch left leg
2 Kick left foot forward
3&4 Shuffle slightly back - left, right, left
5 Half hitch right leg
6 Kick right foot forward
7&8 Shuffle slightly back - right, left, right
- 9 Step left foot forward
10 Slide right foot to left heel
11 Step left foot forward
12 Slide right foot to left heel and touch
13 Step right foot behind left foot
14 Step left foot behind right foot
15&16 Shuffle in place - right, left, right
- 17 Cross left foot over right foot
18-20 Vine right - right, left behind, right
21 Touch left heel forward
22 Touch left toe to left side
23 Scuff left foot forward
& Bring left knee up and in towards your body in a circular motion
24 Step left foot in position
- 25 Cross right foot over left foot
26-28 Left vine - left, right behind, left
29 Touch right heel forward
30 Touch right toe to right side
31 Scuff right foot forward
& Bring right knee up and in towards your body in a circular motion
32 Step right foot in position
- 33-34 Step left foot forward diagonal left and bump hips forward twice
35-36 Shift weight back on right foot and bump hips back twice
37-38 Step left foot back diagonal left and bump hips back twice
39-40 Shift weight forward on right foot and bump hips forward twice
- 41&42 Shuffle forward - left, right, left
& Pivot on ball of left foot ½ to left
43&44 Shuffle back - right, left, right
& Pivot on ball of right foot ½ to left
45&46 Shuffle forward - left, right, left
& Pivot on ball of left foot ½ to left
47&48 Shuffle in place - right, left, right

REPEAT

