

Country Hop

拍數: 40 牆數: 2 級數:
編舞者: Iris M. Mooney (USA)
音樂: Come Cryin' to Me - Lonestar



SIDE TOUCHES RIGHT AND LEFT

- 1 Touch right foot out to right side
- 2 Bring right foot back next to left foot
- 3 Touch right foot out to right side
- 4 Bring right foot back next to left foot
- 5 Touch left foot out to left side
- 6 Bring left foot back next to right foot
- 7 Touch left foot out to left side
- 8 Bring left foot back next to right foot

FULL MONTEREY TURN RIGHT

- 9 Weight is on ball of left foot, extend right foot (shoulder width apart) to right
- 10 Spin on ball of left foot ½ turn right, ending weight on right foot
- 11 Touch left foot out to left side
- 12 Step left foot next to right foot
- 13 Weight is on ball of left foot, extend right foot (shoulder width apart) to right
- 14 Spin on ball of left foot ½ turn right ending weight on right foot
- 15 Touch left foot out to left side
- 16 Step left foot next to right foot

SIDE SHUFFLE WITH ROCKS

- 17&18 Shuffle to right side (right-left-right)
- 19 Rock back on left foot
- 20 Rock forward right foot
- 21&22 Shuffle to left side (left-right-left)
- 23 Rock back on right foot
- 24 Rock forward left foot

HIP BUMPS FORWARD

- 25-26 Step right foot forward at a right angle, bump right hips twice
- 27-28 Step left foot forward at a left angle, bump left hips twice
- 29-30 Step right foot forward at a right angle, bump right hips twice
- 31-32 Step left foot forward at a left angle, bump left hips twice

HOP STEP BACK, HOP STEP TURNING ½ LEFT, HOP STEP FORWARD

To understand this, think when you were young and used to hop, skip around.

- 33-34 Hop on left foot, step right foot
- 35-36 Turning ½ left hop on right foot, step left foot
- 37-38 Hop on left foot, step right foot
- 39-40 Hop on right foot, step left foot

REPEAT