

Cow Cow Strut

拍數: 64 牆數: 0 級數:
編舞者: Michelle Malmberg & Jay Byam
音樂: Cow Cow Strut - Wynona Sue and The Turnpikes



LEFT STOMP & HIP PULL

- 1 Step with left diagonally forward at 45 degrees with a stomp, placing both hands forward with palms down and grab some air like a bar rail
- 2 Pull left hip to left foot with hands turning upwards and arms pulling you forward, drawing the right foot up to the left and shift the weight onto the right foot, popping the left knee
- 3 Step with left diagonally forward at 45 degrees with a stomp, placing both hands forward with palms down and grab some air like a bar rail
- 4 Pull left hip to left foot with hands turning upwards and arms pulling you forward, drawing the right foot up to the left and shift the weight onto the right foot, popping the left knee, but tap right foot beside left and leave weight on left foot

RIGHT STOMP & HIP PULL

- 5 Step with right diagonally forward at 45 degrees with a stomp, placing both hands forward with palms down and grab some air like a bar rail
- 6 Pull right hip to right foot with hands turning upwards and arms pulling you forward, drawing the right foot up to the right and shift the weight onto the left foot, popping the right knee
- 7 Step with right diagonally forward at 45 degrees with a stomp, placing both hands forward with palms down and grab some air like a bar rail
- 8 Pull right hip to right foot with hands turning upwards and arms pulling you forward, drawing the left foot up to the right and shift the weight onto the left foot, popping the right knee, but tap left foot beside right and leave weight on right foot

2 SETS - SWIVEL STEPS FORWARD

- 9-10 Weight on right, carve an outside swivel on the floor with left foot then step down on left shifting weight onto the left
- 11-12 Weight on left, carve an outside swivel on the floor with right foot then step down on right shifting weight onto the right
- 13-14 Weight on right, carve an outside swivel on the floor with left foot then step down on left shifting weight onto the left
- 15-16 Weight on left, carve an outside swivel on the floor with right foot then step down on right shifting weight onto the right

RIGHT TURN WITH RIGHT WEAVE

- 17-18 $\frac{1}{4}$ turn to right and step with left crossing in front of right to right side and hold
- 19-20 Step to right side with right foot and hold
- 21 Step left to right side crossing behind right
- 22 Step right to right side
- 23 Hitch left knee up with a scoot on right and clap
- 24 Step left to floor beside right and slap hips/thighs ending with weight on the left

HIP SWINGS

- 25-26 With a sultry swing, send hips and body weight to right side
- 27-28 Swing hips and body weight to left side

DOUBLE UP ON MOVEMENT

- 29 Hips right
- 30 Hips left
- 31 Hips right

32 Hips left ending with weight on left

JAZZ BOX

33-34 Step forward with right foot and hold
35-36 Step across front of right with left foot to right side and hold
37-38 Step back with right and hold
39 Draw left foot back to right foot
40 Step down on left foot beside right shifting weight onto left

JAZZ BOX WITH HIP CIRCLE

41-42 Step forward with right foot and hold
43-44 Step across front of right with left foot to right side and hold
45 Step back with right foot
46 Push body sideways to the left landing with weight on the left
47 Circle hips to the left
48 Finish hip movement and clap

FORWARD STOMPS, TURN, BRUSH

49-50 Heavy step forward with right foot
51-52 Heavy step forward with left foot
53 ½ turn left stepping forward with right
54 Stomp left slightly ahead of right
55 Brush right beside left
56 Stomp right beside left shifting weight onto right

ROCK BACK, POINT, CROSS

57 Step back onto left
58 Rock weight forward onto right
59 Brush left beside right pointing left toe forward
60 Hook left ankle under right knee in front

TURNING VINE TO LEFT

61 Step with left beginning full turn turn to left
62 Close right to left continuing turn and shift weight onto right
63 Step with left completing turn
64 Stomp right beside left shifting weight onto right and clap

REPEAT

OPTION

Substitute the following syncopated movements for counts 13-16:

2 SETS - SYNCOPATED SWIVEL STEPS FORWARD

13& Weight on right, carve an outside swivel on the floor with left foot then step down on left shifting weight onto the left
14& Weight on left, carve an outside swivel on the floor with right foot then step down on right shifting weight onto the right
15& Weight on right, carve an outside swivel on the floor with left foot then step down on left shifting weight onto the left
16& Weight on left, carve an outside swivel on the floor with right foot then step down on right shifting weight onto the right
