

Cowboy Kick

拍數: 64 牆數: 4 級數:
編舞者: Liza Kirkland & Kelly Kirkland
音樂: Cowboy Beat - The Bellamy Brothers



KICK RIGHT, KICK LEFT

1-2 Kick right leg at 45 degrees, while hopping on left, touch together
3-4 Kick left leg at 45 degrees, while hopping on right, touch together

KICK RIGHT, KICK LEFT, SPIN ½ TURN LEFT

1-2 Kick right leg at 45 degrees, while hopping on left, touch together
3&4 Kick left leg at 45 degrees, swing left leg behind right, while turning ½ turn left

KICK LEFT, KICK RIGHT

1-2 Kick left leg at 45 degrees, while hopping on right, touch together
3-4 Kick right leg at 45 degrees, while hopping on left, touch together

KICK LEFT, KICK RIGHT

1-2 Kick left leg at 45 degrees, while hopping on right, touch together
3-4 Kick right leg at 45 degrees, while hopping on left, touch together

JUMP RIGHT, JUMP RIGHT, CLAP

&1-2 Moving right hop onto right, touch left together, hold
&3-4 Moving right hop onto right, touch left together, hold, (clap on 4th beat)

HIP BUMPS LEFT, HIP BUMPS RIGHT

1-2 Two left hip bumps
3-4 Two right hip bumps

JUMP LEFT, JUMP LEFT, CLAP

&1-2 Moving left hop onto left, touch right together, hold
&3-4 Moving left hop onto left, touch right together, hold, (clap on 4th beat)

HIP BUMPS RIGHT, HIP BUMPS LEFT

1-2 Two right hip bumps
3-4 Two left hip bumps

FORWARD, LOCK, FORWARD, SCUFF

1-2 Step right forward, lock left behind right
3-4 Step right forward, scuff left

FORWARD, LOCK, FORWARD, SPIN

1-2 Step left forward, lock right behind left
3-4 Step left forward & spin ½ turn left on left foot, hitch right leg

VINE RIGHT WITH A HITCH

1-4 Vine to the right, hitch left leg

VINE LEFT WITH A HITCH

1-4 Vine to the left, hitch right leg

RIGHT 45 DEGREES, LEFT 45 DEGREES, (MOVING BACKWARDS)

1-2 Step right heel at 45 degrees, step right back
3-4 Step left heel at 45 degrees, step left back

RIGHT 45 DEGREES, LEFT 45 DEGREES, (MOVING BACKWARDS)

1-2 Step right heel at 45 degrees, step right back
3-4 Step left heel at 45 degrees, step left together

STEP, LOCK, STEP, HITCH

1-2 Step right forward at 45 degrees, lock left behind right
3-4 Step right forward at 45 degrees, hitch left leg

STEP, LOCK, STEP, HITCH ¼ TURN LEFT

1-2 Step left forward at 45 degrees, lock right behind left
3-4 Step left forward at 45 degrees, (while turning ¼ turn left), stomp right together

REPEAT
