

The Clog

拍數: 80 牆數: 1 級數: Intermediate
編舞者: Rob Fowler (ES)
音樂: Hittin' the Hay - Rednex



This was originally a Clogging Dance. It was adapted for Line Dancing by Rob Fowler. Also see "Rocky Top" by Unknown.

- 1-4 Step forward on left foot, step forward on right foot, step forward on left foot, stomp right foot next to left foot (weight remains on left)
- 5-6 Step back on right foot, step back on left foot
- 7&8 Step back on right foot, step back on left foot, step slightly forward on right foot
- 9-16 Repeat counts 1-8 exactly as above
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- &17&18 Scuff left heel, step left foot in place, step right foot in place, step left foot in place
- &19&20 Scuff right heel, step right foot in place, step left foot in place, step right foot in place
- &21&22 Scuff left heel, step left foot in place, step right foot in place, step left foot in place
- &23&24 Scuff right heel, step right foot in place, step left foot in place, step right foot in place
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- 25-28 Step forward on left foot, cross right foot over left foot, step back on left foot, step right foot to right side
- 29-32 Step forward on left foot, cross right foot over left foot, step back on left foot, step right foot to right side
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- &33&34 Scuff left heel, step left foot in place, step right foot in place, step left foot in place
- &35&36 Scuff right heel, step right foot in place, step left foot in place, step right foot in place
- &37&38 Scuff left heel as you make a ¼ turn right, step left foot in place, step right foot in place, step left foot in place
- &39&40 Scuff right heel, step right foot in place, step left foot in place, step right foot in place
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- 41-44 Bump hips to the left four times
- 45-48 Bump hips to the right four times
- 49-50 Bump hips to the left twice
- 51-52 Bump hips to the right twice
- 53-54 Bump hips to the left twice
- 55-56 Bump hips to the right twice
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- &57&58 Scuff left heel, step left foot in place, step right foot in place, step left foot in place
- &59&60 Scuff right heel, step right foot in place, step left foot in place, step right foot in place
- &61&62 Scuff left heel as you make a ¼ turn left, step left foot in place, step right foot in place, step left foot in place
- &63&64 Scuff right heel, step right foot in place, step left foot in place, step right foot in place
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- 65-66 Step forward on left foot, make a ¼ turn left as you slap your right heel
- 67&68 Step right foot in place, step left foot in place, step right foot in place
- 69-70 Step forward on left foot, make a ¼ turn left as you slap your right heel
- 71&72 Step right foot in place, step left foot in place, step right foot in place
- 73-74 Step forward on left foot, make a ¼ turn left as you slap your right heel
- 75&76 Step right foot in place, step left foot in place, step right foot in place
- 77-78 Step forward on left foot, make a ¼ turn left as you slap your right heel
- 79&80 Step right foot in place, step left foot in place, step right foot in place

REPEAT
