Bump It To Cotton Eye Joe

級數: ultra Beginner

編舞者: Sue MacFarlane (CAN)

音樂: Cotton Eye Joe - Rednex

HEEL TAPS RIGHT & LEFT

拍數: 32

- 1-4 Tap right heel in place four times
- 5-8 Repeat with left

HIP BUMPS LEFT TWICE, RIGHT TWICE, LEFT X4

- 1-4 Bump hips twice left, and twice right
- 5-8 Bump hips 4 times left

Another option to replace bumps you can go around the world (rotate hips in a circle motion left to right, weight ending on left)

WALK FORWARD X3, KICK LEFT, WALK BACK X3, TOUCH RIGHT

- Walk forward right, left, right kick left 1-4
- 5-8 Walk back left, right, left, touch right beside left

VINE RIGHT ¼ RIGHT & SCUFF, VINE LEFT TOUCH RIGHT

- 1-4 Vine to the right with a 1/4 turn right and scuff
- 5-8 Vine to the left with a touch

REPEAT





牆數:4