

C & C Out

拍數: 40 牆數: 4 級數: Improver
編舞者: Ethelene Tollison (USA) & Jack Tollison (USA)
音樂: Chopped and Cherried Out - The Kentucky Headhunters



RIGHT VINE, HIP BUMPS

1-4 Step right to right, step left behind right, step right to right, step left beside right taking weight
5-8 Bump hips left twice, replace weight to right and bump hips right twice

LEFT VINE, ¼ TURN LEFT, SCUFF, TOE POINT, HEEL BOUNCES

1-4 Step left to left, step right behind left, step left ¼ turn to left, scuff right
5-8 Point right toe forward diagonally right, bounce heel up and down three times

JUMPS

1&2 Jump right onto right, bring left beside right, clap
3&4 Jump forward center on left, bring right beside left, clap
5&6 Jump back to left side on left, bring right beside left, clap
7&8 Jump back to right center on right, place left beside right, clap

HIP BUMPS

1-2 Bump hips right twice
3-4 Bump hips left twice
5-8 Roll hips around to the left (right, left, right, left)

RIGHT SHUFFLE, ROCK, LEFT SHUFFLE, ROCK

1&2 Step right to right side. Close left beside right. Step right to right side
3-4 Rock back on left. Rock forward onto right
5&6 Step left to left side. Close right beside left. Step left to left side
7-8 Rock back on right, rock forward onto left

REPEAT
