

Buff Dance

拍數: 64 牆數: 2 級數:
編舞者: Ken Henley (USA)
音樂: Buff Little Girls - Pete Andrew



Begin dancing on count 33 of the 48-count intro and the dance will end with the music, and the dancers can shout "Buff Little Girls" along with the song.

RIGHT KICK-BALL-CROSS, SIDE RIGHT, LEFT BEHIND & SIDE RIGHT, LEFT ACROSS, TOUCH RIGHT, STEP RIGHT, STOMP LEFT

1 Kick forward right
& Step down on ball of right
2 Step left across right
3-4 Side step right, step left behind right
& Hop slightly to the right side landing on right
5-6 Step left across right, touch right toe to side
7-8 Step right behind left, stomp (down) together right

STEP RIGHT, LEFT, TOUCH RIGHT, BACK RIGHT, SHUFFLE BACK LEFT, SHUFFLE RIGHT (FULL TURN ON SHUFFLES)

9-10 Step forward right, step forward left
11-12 Touch right toe slightly left of left heel, step back right
13&14 Shuffle back left turning ½ turn left
15&16 Shuffle in-place right turning ½ turn left

LEFT KICK-BALL-CROSS, SIDE LEFT, RIGHT BEHIND & SIDE LEFT, RIGHT ACROSS, TOUCH LEFT, STEP LEFT, TOUCH RIGHT

17 Kick forward left
& Step down on ball of left
18 Step right across left
19-20 Side step left, step right behind left
& Hop slightly to the left side landing on left
21-22 Step right across left, touch left toe to side
23-24 Step left behind right, touch together right

STEP RIGHT, LEFT, TOUCH RIGHT, BACK RIGHT, SHUFFLE BACK LEFT, SHUFFLE RIGHT (FULL TURN ON SHUFFLES)

25-26 Step forward right, step forward left
27-28 Touch right toe slightly left of left heel, step back right
29&30 Shuffle back left turning ½ turn left
31&32 Shuffle in-place right turning ½ turn left

LEFT KICK-BALL-STEP, LEFT KICK-BALL-STEP, STEP LEFT, ½ RIGHT, STOMP LEFT, STOMP LEFT

33 Kick forward left
& Step down on ball of left
34 Step forward right
35 Kick forward left
& Step down on ball of left
36 Step forward right
37-38 Step forward left, pivot ½ turn right shifting weight to right
39-40 Stomp together left, stomp together right

LEFT ½ TURNING VINE, LEFT SAILOR, RIGHT SAILOR

- 41-42 Side step left, step right behind left
- 43-44 Side step left, pivot ½ turn left and step right
- 45 Step left behind right
- & Side step right on ball of right
- 46 Step in-place left
- 47 Step right behind left
- & Side step left on ball of left
- 48 Step in-place right

- 49-56 Repeat counts 41-48

LEFT STOMP & HEEL, STOMP, RIGHT STOMP & HEEL, STOMP, STOMP LEFT, RIGHT, LEFT, RIGHT

- 57 Stomp forward left
- & Lift left heel
- 58 Stomp left heel down in-place
- 59 Stomp forward right
- & Lift right heel
- 60 Stomp right heel down in-place
- 61-62 Stomp forward left, stomp forward right
- 63-64 Stomp forward left, stomp forward right

REPEAT
