

Buffalo Gals

拍數: 72 牆數: 4 級數: Intermediate/Advanced
編舞者: Jo Everhart (USA) & Nancy Manor (USA)
音樂: Fooled Around And Fell In Love - The Sky Kings



WALK FORWARD, RIGHT & LEFT TOES TOUCHES, RIGHT & LEFT HEEL TOUCHES

- 1-4 Step forward on right foot, step forward on left foot, step forward on right foot, step forward on left foot
- 5&6& Touch right toe out to right, step home on right foot, touch left toe out to left, step home on left foot
- 7&8& Touch right heel forward, step home on right foot, touch left heel forward, step home on left foot

CROSS RIGHT OVER LEFT, UNWIND TO THE LEFT ½, CROSS RIGHT OVER LEFT UNWIND TO THE LEFT ¼

- 9-10 Cross right toe over left, unwind ½ turn to the left shifting weight to left foot
- 11-12 Cross right toe over left, unwind ¼ turn to the left shifting weight to left foot

SHUFFLE RIGHT, ROCK STEP, SHUFFLE LEFT, ROCK STEP

- 13&14 Step right on right foot, step together with left foot, step right on right foot
- 15-16 Step and rock back on left foot, recover weight on right foot
- 17&18 Step left on left foot, step together with right foot, step left on left foot
- 19-20 Step and rock back on right foot, recover weight on left foot

HIP BUMPS RIGHT, HIPS BUMPS LEFT, HIP ROLLS TO THE LEFT

- 21-24 Bump hips right 2x, bump hips left 2x
- 25-28 Roll hips to the left 2x right to left

STOMP, HEEL CLICKS

- 29-30 Stomp right foot in place, stomp left foot in place
- &31&32 Split heels apart, click heels together, split heels apart, click heels together

TOE FAN TURNS

- 33-34 Step directly behind left on right foot, fan right toe to right turning body ¼ wall to the right
- 35-36 Fan left toe to right (feet will be parallel with each other), touch right toe beside left instep
- 37-40 Repeat steps 33-36

STEP RIGHT, TOUCH TOGETHER, STEP LEFT, SCUFF FORWARD

- 41-42 Step right on right foot, touch left toe beside right instep
- 43-44 Step left on left foot, scuff right foot forward

SYNCOPATED WEAVE BACK

- 45&46 Cross right foot over left, step back on left foot, step right foot to right of left foot
- 47&48 Cross left foot over right, step back on right foot, step left foot to left of right foot
- 49&50 Cross right foot over left, step back on left foot, step right foot to right of left foot
- 51&52 Cross left foot over right, step back on right foot, step left foot to left of right foot

TOE FAN TURNS

- 53-54 Step directly behind left on right foot, fan right toe to right turning body ¼ wall to the right
- 55-56 Fan left toe to right (feet will be parallel with each other), touch right toe beside left instep
- 57-60 Repeat steps 53-56

STEP RIGHT, TOUCH TOGETHER, STEP LEFT, SCUFF FORWARD

61-62 Step right on right foot, touch left toe beside right instep

63-64 Step left on left foot, scuff right foot forward

SYNCOPATED WEAVE BACK

65&66 Cross right foot over left, step back on left foot, step right foot to right of left foot

67&68 Cross left foot over right, step back on right foot, step left foot to left of right foot

69&70 Cross right foot over left, step back on left foot, step right foot to right of left foot

71&72 Cross left foot over right, step back on right foot, step left foot to left of right foot

REPEAT
