

# Bowleggin'

拍數: 64      牆數: 4      級數: Intermediate / Advanced  
編舞者: Barry Baker (USA) & Tamela Baker (USA)  
音樂: Bad Loser - Joy Lynn White



## HEEL-TOE SPLITS

- 1-2      With weight on balls of both feet, spread heels out - in
- 3-4      With weight on heels of both feet, spread toes out - in
- 5-8      Repeat steps 1-4

## HOP, SPLIT, CLAP

- &      With body angled slightly left lean back on right foot and extend left heel forward
- 9      Bring both feet to center
- 10      Hop slightly forward stomping both feet
- &      With body angled slightly right lean back on left foot and extend right heel forward
- 11      Bring both feet to center
- 12      Hop slightly forward stomping both feet
- 13-14      With weight on balls of both feet, spread heels out-in
- 15-16      Clap hands twice

## PINBALL HOPS

- &      Hop forward at a right diagonal on right foot
- 17      Touch left toe beside right
- 18      Pause or hold one beat & hop forward at a left diagonal on left foot
- 19      Touch right toe beside left
- 20      Pause or hold one beat
- &21-24      Repeat steps &17-20

## GRAPEVINE RIGHT

- 25-27      Vine right (step right to right, step left behind, step right to right)
- 28      Hook left foot in front of right leg

## GRAPEVINE LEFT WITH ¼ TURN

- 29-31      Vine left (step left to left; step right behind, step left to left into a ¼ turn left)
- 32      Finishing ¼ turn left, brush right foot forward toe-heel cross-walks
- 33-34      Cross right toe in front of left foot (raise hands to shoulder level); lower left heel to floor (and snap fingers as you drop hands)
- 35-36      Touch left toe to left side with heel off floor (raise hands to shoulder level); lower left heel to floor (and snap fingers as you drop hands)
- 37-40      Repeat steps 33 - 36

## KICK, ROCK STEP

- 41      Kick right foot forward & bend right knee slightly
- 42      Kick right foot forward
- 43-44      Rock back on right foot; step forward onto left

## PIVOT TURN, STOMP

- 45-46      Step forward on right; pivot ½ turn to left
- 47-48      Stomp right foot; stomp left foot

## BOWLEGGIN'

- 49 Touch right toe forward "bowing" knee to right (your knee should move in a  $\frac{1}{4}$  circle to the right)
- 50 "bow" right knee back to center and straighten putting weight on right foot
- 51 Touch left toe forward "bowing" knee to left (your knee should move in a  $\frac{1}{4}$  circle to the left)
- 52 "bow" left knee back to center and straighten putting weight on left foot
- 53-56 Repeat steps 49 - 52

### **HEELS TOUCHES WITH MONTEREY SPINS**

- 57& Touch right heel in front twice
- 58 Touch right toe out to right
- 59 Swing right foot  $\frac{1}{4}$  turn to right
- 60 Step down on right foot
- 61& Touch left heel in front twice
- 62 Touch left toe out to left
- 63 Swing left foot  $\frac{1}{4}$  turn to left
- 64 Step down on left foot

**REPEAT**

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