

Body Shimmy Boogie

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數:
編舞者: Clinton Vince (UK)
音樂: Hard On the Ticker - Tim McGraw



STOMP INTO HIP BUMPS

1-4 Stomp right foot forward at 45 degrees as hips bump right, left, right, left

SHUFFLE AND ROCK FORWARD

5-8 Right forward shuffle, rock weight forward on to left foot and back on to right foot in place

BACKWARD SHUFFLES

9-12 Left backward shuffle, right backward shuffle

STOMP INTO HIP BUMPS

13-16 Stomp left foot forward as hips bump left, right, left, right

FORWARD SHUFFLE ½ TURN LEFT

17-20 Left forward shuffle, step forward on right foot, pivot ½ turn left

KICKBALL CHANGE, OVER VINE ¼ TURN LEFT

21&22 Kick right foot forward, step the right foot next to left and step the left foot next to right foot

23-26 Cross step right foot in front of left foot, step left foot to left side, cross step right foot behind left foot, step ¼ on left foot to the left

STOMPS AND TOE TOUCHES

27-30 Stomp right foot beside left and kick right foot forward, touch right toe to right side and step back on to right foot taking weight

31-34 Touch left toe to left side and step back onto left foot taking weight, touch right toe to right side and step back onto right foot taking weight

35-36 Touch left toe to left side and back to center beside right

SYNCOPATED STEPS OUT & IN, STOMP & SHIMMY

37-38 Step to the right on right foot and step to the left on left foot, clap

39-40 Step home on right foot and step left foot next to right, clap

41-48 Stomp right foot forward and shimmy shoulders forward for four beats and back for four beats

FORWARD SHUFFLES, HEEL SLAPS ¼ TURN LEFT

49-52 Right forward shuffle, left forward shuffle

53-54 Hitch right leg behind left and slap inside of right heel, pivot ¼ turn to left on left foot, swinging right heel to the right side and slap outside of right heel

OVER VINE ¼ TURN LEFT

55-58 Cross step right foot over left, step left to left side, cross right behind left, step ¼ turn to left on left foot

STOMPS AND SAILOR SHUFFLES

59-60 Stomp right foot beside left and then left beside right

61&62 Cross step right behind left and step left to left and right to right side

63&64 Cross step left behind right and step right to right side and left to left side

REPEAT

