

Befuddled

拍數: 64 牆數: 4 級數:
編舞者: Rick Bates (USA)
音樂: Mama Don't Get Dressed Up for Nothing - Brooks & Dunn



HEEL HOOK, SHUFFLE, HEEL HOOK, SHUFFLE

1-2 Touch right heel forward to right; cross right heel in front of left just below knee
3&4 Shuffle forward (right, left, right)
5-6 Touch left heel forward to left; cross left heel in front of right just below knee
7&8 Shuffle forward (left, right, left)

TWO RIGHT KICK-BALL-CHANGES, CROSS, UNWIND, ROCK STEP

9&10 Kick right foot forward; step weight on ball of right foot step weight on left foot
11&12 Kick right foot forward; step weight on ball of right foot; step weight on left foot
13-14 Cross right foot behind left; pivot ½ turn to right
15-16 Rock step back on right foot; rock forward onto left foot

TWO RIGHT KICK-BALL-CHANGES, CROSS, UNWIND, ROCK STEP

17&18 Kick right foot forward; step weight on ball of right foot; step weight on left foot
19&20 Kick right foot forward; step weight on ball of right foot; step weight on left foot
21-22 Cross right foot behind left; pivot ½ turn to right
23-24 Rock step back on right foot; rock forward onto left foot

SHUFFLE TURN, HEEL TAPS, SHUFFLE TURN, ROCK STEP

25&26 Shuffle (right, left, right) while pivoting ½ turn to left
27-28 Tap left heel forward; tap left heel forward again
29&30 Shuffle (left, right, left) while pivoting ½ turn to right
31-32 Rock step back on right foot; rock forward onto left foot

STOMP, STOMP, CROSS, UNWIND, STEP HITCH, STEP TOUCH

33-34 Stomp right foot next to left; stomp left foot next to right
35-36 Cross right foot over left; pivot ¾ turn to left
37-38 Step forward on right foot; hitch left foot forward
39-40 Step back on left foot; touch right foot next to left

RIGHT ROLLING VINE WITH A HITCH, LEFT ROLLING VINE WITH A TOUCH

41-42 Step ¼ turn to right on right foot; step left foot across right turning ½ turn right
43-44 Step right foot back across left turning ¼ turn right; hitch left knee towards 2:00 and clap
45-46 Step ¼ turn to left on left foot; step right foot across left turning ½ turn left
47-48 Step left foot back across right turning ¼ turn left; touch right foot next to left and clap

BACK STEP WITH ½ TURN, FORWARD STEP WITH ½ TURN, FORWARD SHUFFLES

49-50 Step back on right foot as you pivot ½ turn to right; touch left foot next to right and clap
51-52 Step forward on left foot as you pivot ½ turn to right; touch right foot next to left and clap
53&54 Shuffle forward (right, left, right)
55&56 Shuffle forward (left, right, left)

KICK, KICK, STEP-BALL-CHANGE, KICK, KICK, STEP-BALL-CHANGE

57-58 Kick right foot forward; kick right foot out to right side
59&60 Step in place on right foot; step weight on ball of left foot step weight on right foot
61-62 Kick left foot forward; kick left foot out to left side

62&64

Step in place on left foot; step weight on ball of right foot step weight on left foot

REPEAT
