

Ants

拍數: 64 牆數: 4 級數: Intermediate
編舞者: John Elliott (USA)
音樂: Ants On a Log - Randy Travis



FIRST STEP, HOLD, & COASTER STEP VARIATION SEQUENCE

- 1 Left foot step forward, leaving right foot behind
- 2 Hold, clap hands once
- 3 Right foot step forward, leaving left foot behind
- 4 Hold, clap hands once
- 5 Left foot rock weight backward onto left foot
- 6 Right foot step together next to left foot
- 7 Left foot step forward
- 8 Right foot lock-step behind left foot

SECOND STEP, HOLD, & COASTER STEP VARIATION SEQUENCE

- 1 Left foot step forward, leaving right foot behind
- 2 Hold clap hands once
- 3 Right foot step forward, leaving left foot behind
- 4 Hold clap hands once
- 5 Left foot rock weight backward onto left foot
- 6 Right foot step together next to left foot
- 7 Left foot step forward
- 8 Right foot stomp slightly forward, right heel next to left toe

LEFT "VINE-SQUARE-LOCK" SEQUENCE

- 1 Left foot step to left side
- 2 Right foot cross-step behind left foot
- 3 Left foot step to left side
- 4 Right foot cross-step over left foot
- 5 Left foot step backward
- 6 Right foot step to right side
- 7 Left foot step forward
- 8 Right foot lock-step behind left foot

RIGHT "VINE-SQUARE" SEQUENCE (VAR. ON PREVIOUS 8 COUNTS)

- 1 Left foot step forward
- 2 Right foot step to right side
- 3 Left foot cross-step behind right foot
- 4 Right foot step to right side
- 5 Left foot cross-step over right foot
- 6 Right foot step backward
- 7 Left foot step to left side
- 8 Right foot step forward
- & Left foot hitch knee (in preparation for next move)

FIRST PUMP & KICK, TRAVELING HEEL AMP; TOE SPLITS SEQUENCE

You can exaggerate the knees, even use your arms to mimic the knees, during these next two sequences

- 1 Left foot pump forward
- & Left foot hitch knee (in preparation for next move)
- 2 Left foot pump forward

- & Left foot hook low over right shin as you turn ¼ to left, right foot still pointing to 12:00-you are now facing 9:00 with right foot still pointing to 12:00
- 3 Left foot step down about 6" to left of right foot with toes of left foot pointing to 7:00-this should look like an exaggerated toe split-placing weight on ball of left foot and heel of right foot
- & Left foot/right foot moving toward left: swivel left heel and right toe to left
- 4 Left foot/right foot you are now in "pigeon toe position" with heels apart; change weight to heel of left foot and ball of right foot
- & Left foot/right foot moving toward left: swivel left toe and right heel to left
- 5 Left foot/right foot you are now in toe split position; change weight to ball of left foot and heel of right foot
- & Left foot/right foot moving toward left: swivel left heel and right toe to left
- 6 Left foot/right foot you are now in "pigeon toe position"; change weight to heel of left foot and ball of right foot
- & Left foot/right foot pivot ¼ to left on heel of left foot and ball of right foot, change weight to right foot-you are now facing 6:00
- 7 Left foot/right foot pushing off right foot, step slightly forward on left foot
- 8 Right foot kick forward with toe pointed forward (clap is optional)

SECOND PUMP & KICK, TRAVELING HEEL AMP; TOE SPLITS SEQUENCE

- 1 Right foot pump forward
- & Right foot hitch knee (in preparation for next move)
- 2 Right foot pump forward
- & Right foot hook low over left shin as you turn ¼ to right, left foot still pointing to 6:00-you are now facing 9:00 with left foot still pointing to 6:00
- 3 Right foot step down about 6" to right of left foot with toes of right foot pointing to 11:00-this should look like an exaggerated toe split-placing weight on ball of right foot and heel of left foot
- & Left foot/right foot moving toward right: swivel right heel and left toe to right
- 4 Left foot/right foot you are now in heel split ("pigeon toe") position; change weight to ball of left foot and heel of right foot
- & Left foot/right foot moving toward right: swivel left heel and right toe to right
- 5 Left foot/right foot you are now in toe split position; change weight to heel of left foot and ball of right foot
- & Left foot/right foot moving toward right: swivel left toe and right heel to left
- 6 Left foot/right foot you are now in "pigeon toe position"; change weight to ball of left foot and heel of right foot
- & Left foot/right foot pivot ¼ to right on ball of left foot and heel of right foot, change weight to left foot-you are now facing 12:00 again
- 7 Left foot/right foot pushing off left foot, step slightly forward on right foot
- 8 Left foot kick forward with toe pointed forward
- & Left foot swing foot backward and turn ½ to left-you are now facing 6:00 again (clap is optional)

STEP & POINT, PUMP-HOOK-TURN-KICK SEQUENCE

- 1 Left foot step forward
- 2 Right foot point toe out to right side and clap
- 3 Right foot step forward
- 4 Left foot point toe out to left side and clap
- 5 Left foot step forward
- 6 Right foot lean to left and pump right foot out to right side 18-24" above floor
- 7 Right foot hook over left knee and turn ¼ to left on ball of left foot to face 3:00-your new front wall
- 8 Right foot kick low & forward, toe pointed
- U Right foot small Step backward on ball of foot

VARIATIONS ON AN "OUT-OUT, IN-IN" SEQUENCE

- 1 Left foot heel touch forward, weight backward on right foot
- U F step down under body on ball of foot (replace)
- 2 Right foot step next to left foot on ball of foot
- U Left foot step out to left side on ball of foot
- 3 Right foot step out to right side on ball of foot, feet wide apart
- 4 Hold clap hands once (feet still apart)
- U Left foot step in on ball of foot(replace)
- 5 Right foot step in on ball of foot(replace)
- U Left foot step backward on ball of foot
- 6 Right foot heel touch forward, weight backward on left foot
- U Right foot step down under body on ball of foot (replace)
- 7 Left foot step next to right foot on ball of foot
- 8 Right foot stomp next to left foot

REPEAT

Pump: A "pump" is like stepping down on an imaginary brake pedal: the knee is hitched (in preparation for this move) and the sole of the foot is aimed diagonally forward and down toward the floor in front of you, then the foot is pushed toward the floor without touching the ground. This term is borrowed from the CWLDA (Country Western Line Dance Association).

The "u" count: I'm well aware that the convention is to count "out-out, in-in" patterns as "&1, &2." But that is merely for convenience: the convenience of not having taking the time to learn something new. So here it is: subdivision of the beat. When you say "1&2, 3&4," I think that most people would first think of a Polka or Shuffle rhythm. We all know that the numbers stand for movements that occur on a beat of music. The "&" counts is a half-beat of music. AGREED? When you dance "Out-Out, In-In" type rhythms/patterns, you are dancing on THIRDS of a beat:
