

Do The Hoedown

拍數: 0 牆數: 0 級數: Phrased Intermediate
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音樂: Hoedown Throwdown - Miley Cyrus : (CD: Hannah Montana Movie Soundtrack)



Sequence: 16-count intro, AB A(1-20) BA B(17-64) A B(1-16)
Start dancing on lyrics

SECTION A

DIAGONAL LOCK STEPS TO THE RIGHT WITH ROLLING ARMS

1-2-3&4 Step right diagonally, lock left behind right, step right, lock left behind right, step right forward
5-6-7&8 Repeat to left

WALK 4 COUNTS FULL TURN, STEP RIGHT, CLOSE LEFT, CLAP X3

1-4 Walk right, left, right, left making a full turn
5-6-7&8 Step right, close left, clap, clap, clap

STOMP RIGHT, LEFT, SLAP HANDS ON THIGHS, STEP ON RIGHT, SLAP LEFT LEG AGAINST RIGHT HAND, STOMP LEFT, CLAP, REPEAT ON LEFT

1&2 Stomp right to side, stomp left to side, slap hands on thighs
3&4& Stomp right, slap right hand on left behind, stomp left, clap
5&6 Stomp right to side, stomp left to side, slap hands on thighs
7&8& Stomp left, slap left hand on right behind, stomp right, clap

WALK 6 COUNTS FULL TURN, TOGETHER, CLAP TWICE

1-6 Walk left, right, left, right, left, right
7 Close left together
&8 Clap, clap

SECTION B

RIGHT DIAGONAL LOCK STEP, REPEAT TO LEFT

1-2-3&4 Step right diagonally to right, lock left behind right, step right forward, lock left behind right, step right forward

Put your right wrist to your forehead, the left arm stretched out back

5-6-7&8 Step left diagonally to left, lock right behind left, step left forward, lock right behind left, step left forward

Put your left wrist to your forehead, the right arm stretched out back

LEFT FULL TURN, CROSS ROCK, RECOVER, FULL TURN TO RIGHT, RIGHT TO SIDE, LEFT DRAG

1-4 Step on right and left making full turn over left shoulder, cross right over left, rock left back
5-8 Step on right and left making full turn over right shoulder, step right to side, drag left together

RIGHT KICK, CLOSE, KNEE POINTS, REPEAT ON LEFT, RIGHT MAMBO TO RIGHT SIDE, LEFT MAMBO TO LEFT SIDE

1&2& Kick right forward, close, bend knees and point them outwards, close
3&4& Kick left forward, close, bend knees and point them outwards, close
5&6-7&8 Step right to side, step on left, close right together, repeat on left

RIGHT DIAGONAL STEP, DRAG LEFT, REPEAT ON LEFT

1-2 Step right on right side, drag left together

Make snake movements with right arm

3&4 Keep feet still: left arm stretched out to left, arms down on the and-count, right arm stretched out to right

&56 Hitch left, step left to side, drag right together
7&8 Keep feet still: push chin upwards with right hand, put arm down on the and-count, cross left arm over chest pointing to right

**HOLD, JUMP OUT WITH BOTH FEET, JUMP INTO CROSS, SLOW UNWIND $\frac{3}{4}$ TURN DIAGONALLY:
WALK TWICE, SHUFFLE**

1-2&3-4 Hold, jump out on both feet, jump into cross with right over left, unwind $\frac{3}{4}$ turn over left shoulder on 2 counts
5-6-7&8 Walk left, right, shuffle left, right, left

JAZZ BOX WITH $\frac{1}{2}$ TURN, WALK RIGHT AND LEFT, WALK RIGHT, STEP LEFT TO SIDE, HOP ON RIGHT TWICE, STEP LEFT TO SIDE

1-4 Cross right over left, step left back making $\frac{1}{4}$ turn, step $\frac{1}{4}$ turn on right, step left forward
5-6-7&8 Walk right forward, step left to side, hop on right 2 times, step on left

JAZZ BOX WITH $\frac{1}{4}$ TURN TO RIGHT, SLIDE, BEND BODY BACK, RECOVER, CLAP X3

1-4 Cross right over left, step left back making $\frac{1}{4}$ turn to right, step on right, close left together rolling arms on all 4 counts
5-6-7& Keep feet still: bend body back, recover, clap x3

RIGHT PIVOT TURN TWICE, RIGHT JAZZ BOX

1-4 Pivot turn right, pivot turn left
5-8 Cross right over left, step left back, step right to side, close left together
