

This Ole' Boy

拍數: 64 牆數: 4 級數: Improver
編舞者: Sandy Goodman (USA) - January 2012
音樂: This Ole Boy - Craig Morgan



16 count intro.

Kick-Ball-Cross, Side Shuffle With ¼ Turn, Step Forward, Pivot ½ Turn Right, Forward Shuffle

1 & 2 Kick Right forward (1), Step Right together (&), Cross/Step Left over right (2)
3 & 4 Step Right side right (3), Step Left beside right (&), Turn ¼ right- Step Right forward (4) 3:00
5 - 6 Step Left forward (5), Pivot ½ turn right- weight on Right (6) 9:00
7 & 8 Step Left forward (7), Step Right beside left (&), Step Left forward (8)

Right Jazz Box, Hip Bumps Forward (R-L-R and L-R-L)

1 - 4 Cross Right over left (1), Step Left back (2), Step Right side right (3), Step Left together (4)
5 & 6 Step Right slightly forward bumping hips - Right (5), Left (&), Right (6)
7 & 8 Step Left slightly forward bumping hips - Left (7), Right (&), Left (8)

[16-32] Repeat the above 16 counts. 6:00

Walk Forward (x3), Turn ¼ Right-Kick Side Left, Turn ¼ - Walk Forward (x3), Turn ¼ Left- Kick Side Right

1 - 4 Walk forward - Right (1), Left (2), Right (3), Turn ¼ right- Kick Left side left (4) 9:00
5 - 8 Turn ¼ right 12:00 - Walk fwd. Left (5), Right (6), Left (7), Turn ¼ left - Kick Right side right (8) 9:00

Cross/Step Behind, Kick Side, Cross/Step Behind, Kick Side, Rock Back-Recover, Stomp, Stomp

1 - 2 Cross/Step Right behind left (1), Kick Left side left (2)
3 - 4 Cross/Step Left behind right (3), Kick Right side right (4)
5 - 6 Rock Right back (5), Recover onto Left (6)
7 - 8 Stomp Right (7), Stomp Left (8) 9:00

(Right & Left)- Heel Walks/Grinds Forward, Rock Forward-Recover, Coaster Step

1& Step Right heel fwd.- toes left (1), Grind heel- toes go from left to right (&)
2& Step Left heel fwd. - toes right (2), Grind heel- toes go from right to left (&)
3&4& Repeat the above counts (1&2&)
5 - 6 Rock Right forward (5), Recover onto Left (6)
7 & 8 Step Right back (7), Step Left beside right (&), Step Right forward (8) 9:00

Rock Forward-Recover, Coaster Step, Step Forward, Pivot ½ Turn Left, Bump/Sway Hips (R-L)

1 - 2 Rock Left forward (1), Recover onto Right (2)
3 & 4 Step Left back (3), Step Right back (&), Step Left forward (4)
5 - 6 Step Right forward (5), Pivot ½ left- weight ends on Left (6) 3:00
7 - 8 Bump/Sway Hips Right (7), Bump/Sway Hips Left- weight ends on Left (8)

Begin Again!!!!

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