

# Hoedown Throwdown

**COPPER** **KNOB**  
BY STEPHEN BRETZ

拍數: 48      牆數: 1      級數: Intermediate  
編舞者: Jamal Sims (USA) - July 2012  
音樂: Hoedown Throwdown - Miley Cyrus : (CD: Hannah Montana Movie Soundtrack - iTunes)



## Start dancing on lyrics

### POP IT, LOCK IT, POLKA DOT IT, COUNTRIFY THEN HIP HOP IT (PUT YOUR)

- 1            Extend left arm forward, open palm down, fingers together
- 2            Swivel both heels right to face 10:30 and sit slightly, bringing elbows up and out to sides
- 3            Step left to side (right palm forward with one finger pointing upward and leaning right)
- &            Step right together (finger now leaning left)
- 4            Step left to side (finger now leaning right)
- &            Hook thumbs on belt
- 5&6&        Touch right heel forward, step right together, touch left heel forward, step left together
- 7            Turn 1/8 left (face 10:30) and kick right forward (punch both hands forward, crossed at wrists)
- &            Step right together (bring elbows back)
- 8            Hold (punch fists together at waist level)
- &            Lift both arms out to sides

### HAWK IN THE SKY, MOVE SIDE TO SIDE, JUMP TO THE LEFT, STICK IT, GLIDE

- 1            Step right to side (arms crossed in front, elbows high, each hand on top of the other elbow)
- &            Kick left forward (raise hands to form an X in front of you, arms crossed at the forearm)
- 2            Step left together (return arms to crossed position)
- &            Twist upper body to left (10:30)
- 3            With arms still crossed and up, bounce arms down slightly
- &            Lift arms back up and twist upper body to right (1:30)
- 4            With arms still crossed and up, bounce arms down slightly
- &            Lift arms back up (still facing 1:30)
- 5            Scuff left forward (toward 1:30)
- &            Step left forward
- 6            Turn 3/8 left (9:00) and step right forward
- 7            Punch right hand to side (punch toward 12:00)
- 8            Big step left to side and slide right toward left

### ZIG ZAG, ACROSS THE FLOOR, SHUFFLE IN DIAGONAL (WHEN THE)

- 1            Hold
- &            Cross/touch right over left
- 2            Touch right diagonally forward
- &            Flick right behind left (touch right foot with left hand)
- 3&4         Turn 1/8 right and step right to side (10:30), step left together, step right to side
- &            Touch left together (elbows out to side, hands down)
- 5            Step left to side (elbows out to side, hands up)
- &            Step right together (elbows out to side, hands down)
- 6            Step left to side (elbows out to side, hands up)
- &            Turn 1/4 right (1:30) (elbows out to side, hands down)
- 7            Step right to side (elbows out to side, hands up)
- &            Step left together (elbows out to side, hands down)
- 8            Step right to side (elbows out to side, hands up)
- &            Turn 1/8 left (12:00) (hands relax at sides)

## **DRUM HITS, HANDS ON YOUR HIPS, ONE FOOTED 180 TWIST (AND THEN A)**

- 1 Kick left forward and punch right hand forward
- & Step left forward
- 2 Kick right forward and punch left hand forward
- & Step right forward
- 3 Punch both hands out to the sides
- 4 Place hands on hips
- 5 Turn upper body as far to the right as possible (open your hips, too)
- & Step right toward back wall (6:00)
- 6 Step left together (now facing back wall)
- 7&8 Hop three times in place on left foot, turning ½ turn left (elbows out to side, hands up) (12:00)
- & Hands down at sides

## **ZIG ZAG, STEP SIDE, LEAN IT LEFT, CLAP THREE TIMES**

- 1 Hold
- & Cross/touch right over left
- 2 Touch right diagonally forward
- & Flick right behind left (touch right foot with left hand)
- 3 Step right to side
- 4 Big step left to side (weight even)
- 5&6 Punch left hand forward, punch right hand forward, punch left hand forward (during counts 5&6, gradually move weight entirely to left foot, with body turned slightly right, toward 1:30)
- 7 Shift weight forward to right foot (1:30)
- &&& Clap hands low, medium, high

## **SHAKE IT OUT HEAD TO TOE, THROW IT ALL TOGETHER, THAT'S HOW WE ROLL**

- 1-4 Walk in a small circle turning ¾ to the left, stepping left, right, left, right while shimmying shoulders (3:00)
- 5 Turn ¼ left and step left forward and punch right low forward (12:00)
- 6-7-8 Cross/touch right behind left, step right back, step left together (put elbows out to side, hands up)

**PHRASING: The song is phrased as follows:**

- 64 counts of freestyle
- 48-count dance
- 36 counts of freestyle
- 48-count dance
- 32 counts of freestyle
- 48-count dance
- 48 counts of freestyle (or do the whole dance here again)

Respond with "Throwdown" after she sings "Hoedown". Stomp and clap when she says Boom Boom Clap.

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