

Dirty Redneck

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pat Esper (USA) - February 2013
音樂: Dixie Fried - Moccasin Creek



Heel, Heel, Heel, Heel, Rock, Recover, Coaster step

- 1&2& . Touch the left heel forward, Lift the left knee, Touch the left heel forward, Step the left foot next to the right.
- 3&4& . Touch the right heel forward, Lift the right knee, Touch the right heel forward, Step the right foot next to the left.
- 5 . Rock forward on the left foot.
- 6 . Recover onto the right foot.
- 7&8 . Step back on the left foot, Step the right foot next to the left, Step forward slightly on the left foot.

Hip shimmy to the side, Together, Hold, Hip shimmy to the side, Together, Hold

- 9&10 . Step the right foot to the side as you bump the hips right, Bump hips left, bump hips right.
- 11 . Step the left foot next to the right.
- 12 . Hold. (clap as an option).
- 13&14 . Step the right foot to the side as you bump the hips right, Bump hips left, bump hips right.
- 15 . Step the left foot next to the right.
- 16 . Hold. (clap as an option).

Shuffle forward, Step, Half turn, Turning shuffle, Rock, Recover

- 17&18 . Step forward on the right foot, Step the left foot next to the right, Step forward on the right foot.
- 19 . Step forward on the left foot.
- 20 . Turn a half turn to the right.
- 21&22 . Turn a quarter turn to the right while stepping the left foot to the side, Step the right foot next to the left, Turn a quarter turn to the right while stepping back on the left foot.
- 23 . Rock back on the right foot.
- 24 . Recover onto the left foot.

Quarter turn with hip rolls, Jazz triangle, Stomp (touch)

- 25 . Step forward on the right foot.
- 26 . Roll the hips counter-clockwise turning an eighth of a turn to the left.
- 27 . Step slightly forward on the right foot.
- 28 . Roll the hips counter-clockwise turning an eighth of a turn to the left.
- 29 . Step the right foot across the left.
- 30 . Step back on the left foot.
- 31 . Step the right foot to the side.
- 32 . Stomp the left foot next to the right. (Option: Touch the left foot next to the right.)

Contact: ptesper@gmail.com on Facebook at The Redneck Revolution (of music and dance with Pat Esper)