

# Between The Buns (P)

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 0      級數: Beginner Plus Partner  
編舞者: Greg Van Zilen (USA) - August 2014  
音樂: Headin' West - Dan Seals



Step description by Outta Line Country Dance Instruction  
Alt. music: Hot Dog by Led Zeppelin

Intro: Start dance after first 16 beats of music - Partner Dance / Mirror Footwork  
Starting Position: Single hand-hold, Man's right to Ladies left

Note: Steps listed are for Man; Lady starts with left foot and mirrors Man

## Kick-ball-change (2x), step, ½ turn, step, ½ turn

1&2      Kick right foot forward, step on ball of right foot, step left foot in place.  
3&4      Kick right foot forward, step on ball of right foot, step left foot in place.  
5,6      Step right foot forward; ½ turn left weighting left foot.  
7,8      Step right foot forward; ½ turn left weighting left foot.

Release hands on count 4.

## Lindy

9&10      Step right foot to side, step left foot next to right, step right foot to side.  
11,12      Step left foot back; replace weight onto right foot.  
13&14      Step left foot to side, step right foot next to left, step left foot to side.  
15,16      Step right foot back; replace weight onto left foot.

Briefly pick up then release new inside hands on counts 13-14; rejoin original hands on count 16.  
Lady will pass in front of Man both times.

## Shuffle forward

17&18      Step right foot forward, step left foot next to right, step right foot forward.  
19&20      Step left foot forward, step right foot next to left, step left foot forward.  
21&22      Step right foot forward, step left foot next to right, step right foot forward.  
23&24      Step left foot forward, step right foot next to left, step left foot forward.

#1st shuffle turning slightly away from partner; 2nd toward partner and touching forward hands.  
Repeat for shuffles 3 and 4.

## Stomp, stomp, hip bumps

25,26      Stomp right foot forward; stomp left foot slightly apart from right.  
27&28      Bump hips right, center, right.  
29&30      Bump hips left, center, left.  
31,32      Bump hips right, left.

Contact: (860) 537-5849 - outtalinedj@aol.com