|  |  |
| --- | --- |
| Buff Dance |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** |  | . |
| **Choreographer:** | Ken Henley (USA) | | | | |
| **Music:** | Buff Little Girls - Pete Andrew | | | | |
| . | | | | | | |

**Begin dancing on count 33 of the 48-count intro and the dance will end with the music, and the dancers can shout "Buff Little Girls" along with the song.**

**RIGHT KICK-BALL-CROSS, SIDE RIGHT, LEFT BEHIND & SIDE RIGHT, LEFT ACROSS, TOUCH RIGHT, STEP RIGHT, STOMP LEFT**

|  |  |
| --- | --- |
| 1 | Kick forward right |

|  |  |
| --- | --- |
| & | Step down on ball of right |

|  |  |
| --- | --- |
| 2 | Step left across right |

|  |  |
| --- | --- |
| 3-4 | Side step right, step left behind right |

|  |  |
| --- | --- |
| & | Hop slightly to the right side landing on right |

|  |  |
| --- | --- |
| 5-6 | Step left across right, touch right toe to side |

|  |  |
| --- | --- |
| 7-8 | Step right behind left, stomp (down) together right |

**STEP RIGHT, LEFT, TOUCH RIGHT, BACK RIGHT, SHUFFLE BACK LEFT, SHUFFLE RIGHT (FULL TURN ON SHUFFLES)**

|  |  |
| --- | --- |
| 9-10 | Step forward right, step forward left |

|  |  |
| --- | --- |
| 11-12 | Touch right toe slightly left of left heel, step back right |

|  |  |
| --- | --- |
| 13&14 | Shuffle back left turning ½ turn left |

|  |  |
| --- | --- |
| 15&16 | Shuffle in-place right turning ½ turn left |

**LEFT KICK-BALL-CROSS, SIDE LEFT, RIGHT BEHIND & SIDE LEFT, RIGHT ACROSS, TOUCH LEFT, STEP LEFT, TOUCH RIGHT**

|  |  |
| --- | --- |
| 17 | Kick forward left |

|  |  |
| --- | --- |
| & | Step down on ball of left |

|  |  |
| --- | --- |
| 18 | Step right across left |

|  |  |
| --- | --- |
| 19-20 | Side step left, step right behind left |

|  |  |
| --- | --- |
| & | Hop slightly to the left side landing on left |

|  |  |
| --- | --- |
| 21-22 | Step right across left, touch left toe to side |

|  |  |
| --- | --- |
| 23-24 | Step left behind right, touch together right |

**STEP RIGHT, LEFT, TOUCH RIGHT, BACK RIGHT, SHUFFLE BACK LEFT, SHUFFLE RIGHT (FULL TURN ON SHUFFLES)**

|  |  |
| --- | --- |
| 25-26 | Step forward right, step forward left |

|  |  |
| --- | --- |
| 27-28 | Touch right toe slightly left of left heel, step back right |

|  |  |
| --- | --- |
| 29&30 | Shuffle back left turning ½ turn left |

|  |  |
| --- | --- |
| 31&32 | Shuffle in-place right turning ½ turn left |

**LEFT KICK-BALL-STEP, LEFT KICK-BALL-STEP, STEP LEFT, ½ RIGHT, STOMP LEFT, STOMP LEFT**

|  |  |
| --- | --- |
| 33 | Kick forward left |

|  |  |
| --- | --- |
| & | Step down on ball of left |

|  |  |
| --- | --- |
| 34 | Step forward right |

|  |  |
| --- | --- |
| 35 | Kick forward left |

|  |  |
| --- | --- |
| & | Step down on ball of left |

|  |  |
| --- | --- |
| 36 | Step forward right |

|  |  |
| --- | --- |
| 37-38 | Step forward left, pivot ½ turn right shifting weight to right |

|  |  |
| --- | --- |
| 39-40 | Stomp together left, stomp together right |

**LEFT ½ TURNING VINE, LEFT SAILOR, RIGHT SAILOR**

|  |  |
| --- | --- |
| 41-42 | Side step left, step right behind left |

|  |  |
| --- | --- |
| 43-44 | Side step left, pivot ½ turn left and step right |

|  |  |
| --- | --- |
| 45 | Step left behind right |

|  |  |
| --- | --- |
| & | Side step right on ball of right |

|  |  |
| --- | --- |
| 46 | Step in-place left |

|  |  |
| --- | --- |
| 47 | Step right behind left |

|  |  |
| --- | --- |
| & | Side step left on ball of left |

|  |  |
| --- | --- |
| 48 | Step in-place right |

|  |  |
| --- | --- |
| 49-56 | Repeat counts 41-48 |

**LEFT STOMP & HEEL, STOMP, RIGHT STOMP & HEEL, STOMP, STOMP LEFT, RIGHT, LEFT, RIGHT**

|  |  |
| --- | --- |
| 57 | Stomp forward left |

|  |  |
| --- | --- |
| & | Lift left heel |

|  |  |
| --- | --- |
| 58 | Stomp left heel down in-place |

|  |  |
| --- | --- |
| 59 | Stomp forward right |

|  |  |
| --- | --- |
| & | Lift right heel |

|  |  |
| --- | --- |
| 60 | Stomp right heel down in-place |

|  |  |
| --- | --- |
| 61-62 | Stomp forward left, stomp forward right |

|  |  |
| --- | --- |
| 63-64 | Stomp forward left, stomp forward right |

**REPEAT**