|  |  |
| --- | --- |
| The Charlie Horse |  |

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| --- |
| . |
| **Compte:** | 40 | **Mur:** | 4 | **Niveau:** |  | . |
| **Chorégraphe:** | Holly Susan (Boots) Groeschel (USA) & David Groeschel (USA) |
| **Musique:** | I Still Wanna Jump Your Bones - Archer Park |
| . |

**TOE POINTS**

|  |  |
| --- | --- |
| 1-2 | Fan both toes inward |

|  |  |
| --- | --- |
| 3-4 | Fan both toes outward (up on heels) |

|  |  |
| --- | --- |
| 5-6 | Point right toe in toward left |

|  |  |
| --- | --- |
| 7-8 | Point left toe in toward right |

**DWIGHT SWIVELS**

|  |  |
| --- | --- |
| 1 | Point right toe over in front of left foot |

|  |  |
| --- | --- |
| 2 | Point right toe to the right side |

|  |  |
| --- | --- |
| 3 | Repeat 1 |

|  |  |
| --- | --- |
| 4 | Repeat 2 (put weight on right foot) |

|  |  |
| --- | --- |
| 5 | Point left toe over in front of right foot |

|  |  |
| --- | --- |
| 6 | Point left toe to the left side |

|  |  |
| --- | --- |
| 7 | Repeat 5 |

|  |  |
| --- | --- |
| 8 | Repeat 6 (put weight on left foot) |

**VARIATION: Swivel heels Right, then toes Right, heels, toes. Repeat back left (4 counts)**

**KNEE UPS**

|  |  |
| --- | --- |
| 1 | Step forward on right foot |

|  |  |
| --- | --- |
| 2 | Bring left knee up |

|  |  |
| --- | --- |
| 3 | Step back on left foot |

|  |  |
| --- | --- |
| 4 | Step back on right foot |

|  |  |
| --- | --- |
| 5 | Step forward on left foot |

|  |  |
| --- | --- |
| 6 | Bring right knee up |

|  |  |
| --- | --- |
| 7 | Step back on right foot |

|  |  |
| --- | --- |
| 8 | Step back on left foot |

**HIP BUMPS**

|  |  |
| --- | --- |
| 1-2 | Bump hips to the right 2 times |

|  |  |
| --- | --- |
| 3-4 | Bump hips to the left 2 times |

|  |  |
| --- | --- |
| 5-6 | Roll hips in a circle (2 counts) |

|  |  |
| --- | --- |
| 7-8 | Roll hips in a circle (2 counts) |

**VARIATION: Roll Right leg outward (2 counts), Roll Left leg outward (2 counts), Roll Right leg outward (1 count), Roll Left leg outward (1 count), then with both feet hop forward 4 times quickly (2 counts)**

**KICK & "CHARLIE HORSE"**

|  |  |
| --- | --- |
| 1 | Kick right foot forward (low) |

|  |  |
| --- | --- |
| 2 | Cross right over left foot (foot to now "locked" next to left, weight is on right) |

|  |  |
| --- | --- |
| 3 | Rock both feet weight shifts to left (feet locked) |

|  |  |
| --- | --- |
| 4 | Rock both feet weight shifts to right foot (feet locked) |

|  |  |
| --- | --- |
| 5 | Tap left heel to the left side |

|  |  |
| --- | --- |
| 6 | Kick right foot upward as you ¼ turn right |

|  |  |
| --- | --- |
| 7 | Stop forward on left foot (facing new wall) |

|  |  |
| --- | --- |
| 8 | Stomp right next to left |

**REPEAT**