Dirty Bird Shuffle



拍数: 40 墙数: 4 级数: Beginner

编舞者: Jen Oropeza (USA) - June 2021 音乐: Make the Rooster Crow - The Lacs



Start: Casual club stroll bouncing it out for approximately 28 seconds by my beat count... then when he says "Drop it down low make the rooster crow" you get a 5-6-7-8 count down NO TAGS, NO RESTARTS - HIGH ENERGY

L HOP, R KICK, R HOOK, R KICK, R PREP, R TWISTY TWIST

&1 Hop to left foot, Kick right foot front
&2 Hook right foot, Kick right foot front
& Prep right foot (wind up left back)

3&4 Heels twist forward, back, forward (with hips)

R HOP, L KICK, L HOOK, L KICK, L PREP, L TWISTY TWIST

45 Hop to right foot, Kick left foot front
46 Hook left foot, Kick left foot front
48 Prep left foot (wind up right back)

7&8 Heels twist forward, back, forward (with hips)

L PREP, R ROCK FORWARD TOUCH, L ROCK BACK TOUCH, AND TRIPLE STEP

& Hop to Left foot to prep

9& Right wide step out to a V, quick Left touch* close to right foot

Step left foot back to where you started, quick right touch* to come together

11&12 Steps together in place right, left, right

L ROCK FORWARD TOUCH, R ROCK BACK TOUCH, AND TRIPLE STEP

& Hop to right foot to prep

Left wide step out to a V, quick right touch* close to left foot

Step right foot back to where you started, quick left touch* to come together

15&16 Steps together in place Left, Right, Left (touch)

CROSSOVER WIZARDS R, L R, PREP L, 2 COUNTER CLOCKWISE BUNNY HOPS TO LAND FEET APART

&17 Hop to Left foot, Big Right heel leads forward to the 10 o'clock step out

18 Step Left foot up to Right

&19 Hop to Right foot, Big Left heel leads forward to the 2 o'clock step out

20 Step Right foot up to Left

&21 Hop to Left foot, Big Right heel leads forward to the 10 o'clock step out

22 Step Left foot up to Right

23& Feet together hops land ¼ to your left, hop and land ¼ turn to your left (all feet together)

24 ½ turn land feet out facing new wall

CROSS OUT GRIND IT OUT LOW R, CROSS OUT GRIND IT OUT LOW L

&25 Right foot crosses over left hop in, land feet apart (weight to the right)

26,27,28 Hip circles 3 times counter clockwise.

Left foot crosses over right to hop in, land feet apart (weight to the left)

30,31,32 Hip circles 3 times clockwise

R SIDE, L BACK, R SIDE, L HEEL, CROSS L UNDER, R OVER

33,34 Step right foot out to side, step left behind

&35	Step right foot out to	side, place left	heel in open position

&36 Jump to left foot, right foot steps to cross over left

L SIDE, R BACK, L SIDE, R HEEL, CROSS R UNDER, L OVER

37,38 Step left foot out to side, step right behind

Step left foot out to side, place right heel in open position

&40 Jump to right foot, left foot steps to cross over left

Contact: jen@cherryontopentertainment.com with any questions or comments. I appreciate feedback. Please tag @cherryontopentertainmet if you post any videos of yourself doing this one on Tik Tok, Instagram, or Facebook #cardiolinedance #countrycrossover

Last Site Update - 26 June 2021

^{*} You can modify the touches by airing it, meaning you bring your foot in like you are going to do a touch, but make it more of a swing with a knee lift)