Tennessee Trippin'

级数: High Improver

编舞者: Nathan Lee (USA) - January 2025

音乐: Cowgirl - Parmalee

Intro 16 counts (Start on "She")- No tags- No restarts

[1-8] ¼ MONTEREY TURN X2

拍数: 32

- 1,2 Point R foot out to R side (1), Turn ¼ R stepping R beside L (2)
- 3,4 Point L out (3), Step L next to R (4)
- 5,6 Point R foot out to R side (5), Turn ¼ R stepping R beside L (6)
- 7,8 Point L out (7), Step L next to R (8)

[9-16] TURNING RUMBABOX WITH TAPS

- 1,2 Step R foot out R (1), While turning ¼ over R shoulder, tap L next to R (2)
- 3,4 Step L foot out L (3), While turning ¼ over R shoulder, tap R next to L (4)
- 5,6 Step R foot out R (5), While turning ¼ over R shoulder, tap L next to R (6)
- 7,8 Step L foot out L (7), While turning ¼ over R shoulder, tap R next to L (8)

[17-24] GRAPEVINE R, 1¼ TURN

- 1,2,3,4 Step R foot to R side (1), Step L foot behind R (2), Step R foot to R side (3), Touch L foot next to R (4)
- 5,6,7,8 Step L out L turning ¼ over L shoulder (5), step R out forward turning ¼ over L shoulder (6), turn ½ over L shoulder and step L foot out (7), turn ¼ over L shoulder and step R next to L (8)

[25-32] SWIVEL R (HEEL, TOE, HEEL, TOE), SWIVEL L (TOE, HEEL), POINT R, TOUCH R

- 1,2 Swivel R and L heels to R side (1), Swivel R and L toes to R side (2)
- 3,4 Swivel R and L heels to R side (3), Swivel R and L toes to R side (4)
- 5,6 Swivel R and L toes to L side (5), Swivel R and L heels to L side (6)
- 7,8 Point R toe to R side (7), Touch R next to L (8)

Though this dance is a High Improver level, there are some combinations of moves that can make it lean toward a Low Intermediate

Last Update: 4 Feb 2025





墙数:4