Giddy-Up on Cowboy

级数: Absolute Beginner

编舞者: Helaine Norman (USA) - March 2025

音乐: Git Yer Cowboy On - Sean Patrick McGraw

INTRO: 32 - No tags. Restart: 1

拍数: 32

I. VINE; HIP BUMPS

Step R side, step L behind, step R side, stomp L (without weight) together 1-4 5-8 Hip bumps to the side: L R L R

Optional for 5-8: Double bump to L side, double bump to R side

II. VINE; HIP BUMPS

1-4 Step L side, step R behind, step L side, stomp R (without weight) together 5-8 Hip bumps to the side: R L R L Optional for 5-8: Double bump to R side, double bump to L side *RESTART HERE: Facing 12:00 during wall 5.

III. HUSTLE WALK WITH HITCH

- Walk forward: R L R, kick L forward 1-4
- 5-8 Walk back: L R L, hitch R together

Optional styling for count 8: Slap R hand on R knee or R thigh.

IV. 1/2 L-TURN PADDLES

1-2 Step forward on R ball and push off making 1/8 turn left, weight to L (10:30)

3-4 Step forward on R ball and push off making 1/8 turn left, weight to L (9:00)

5-6 Step forward on R ball and push off making 1/8 turn left, weight to L (7:30)

7-8 Step forward on R ball and push off making 1/8 turn left, weight to L (6:00)

Optional styling: Mimic lassoing like a cowboy as you paddle.

REPEAT

RESTART: Facing 12:00 during wall 5 after 16 counts.

Helaine43@gmail.com





墙数: 2