Mad Cow Stomp



拍数: 32 墙数: 0 级数:

编舞者: Tyoni Busch

音乐: Mary Lou - Southern Pacific



Position: Start in a circle facing line of dance with weight on left foot. To start the dance, county twenty beats of music (2 sets of 8 then count 1 2 3 4 as 5 6 7 8)

TOE FANS

3-4 Right toe fan out, in and change weight to right foot

5-6 Left toe fan out, in

7-8 Left toe fan out, in and change weight to left foot

CHARLESTON

1-2	Step forward right foot, lift left knee
3-4	Step back left foot, touch back right toe
5-6	Step forward right foot, lift left knee
7-8	Step left back, touch back right toe

VINE RIGHT VINE LEFT

1_2	Pivot ¼ wall (face inside circle) on weighted left foot and step right, hook behind left	
1-2	FIVOL /4 WAII HACE HISIUE CHCIET OH WEIGHLEG IEH 1001 AND SIED HUHL. HOOK DEHING IEH	

3-4 Side right, touch left

5-6 Side left, hook behind right

7-8 Side left, touch right

STEP BRUSHES

1-2 Turn ¼ wall right (return to line of dance) stepping with r

3-4 Step left, brush right5-6 Step right, brush left

7-8 Step left, weightless stomp with right bring feet together.

REPEAT

For a mixer, line up in 2 circles facing opposite LOD