

The Redneck

拍数: 56 墙数: 4 级数:
编舞者: Ron Badore & Alice Stevens
音乐: High-Tech Redneck - George Jones



BUG SQUASH

- 1-4 On counts 1 and 2, step forward on the right heel with right toes pointed left, then roll the heel so the toes move left to right. (this action is similar to crushing a bug with your heel.) On count 3, step the right foot back next to left, shifting weight to the right. On count four, step weight back onto the left.
- 5-8 Repeat steps 1-4.

GRAPEVINE RIGHT-PIVOT TURNS

- 9-11 Step to the right side with the right foot, step left behind right, step to the right with right foot.
- 12-15 Step forward with left foot, pivot $\frac{1}{2}$ turn to the right. Immediately step forward on the left foot again and pivot $\frac{1}{2}$ turn to the right, back facing the original direction.

GRAPEVINE LEFT-PIVOT TURNS

- 16-18 Step to the left side with the left foot, step right behind left, step to the left with left foot.
- 19-22 Step forward with right foot, pivot $\frac{1}{2}$ turn to the left. Immediately step forward on the right foot again and pivot $\frac{1}{2}$ turn to the left. You are now facing your original direction.

SHUFFLE & ROCK STEPS

- 23-30 Shuffle forward three times beginning with the right foot (right-left-right, left-right-left, right-left-right), step forward on the left foot and rock back onto the right.
- 31-38 Shuffle backwards three times beginning with the left foot (left-right-left, right-left-right, left-right-left). Step back on the right foot and rock forward onto the left.

$\frac{1}{4}$ TURN LEFT

- 39-42 Step forward on the right, turn $\frac{1}{4}$ turn to the left on the ball of the left foot. Stomp the right foot next to the left and clap.

SHIMMY RIGHT-SHIMMY LEFT

- 43-46 Step the right foot to the right side, shake your hips and bend your knees as you shimmy down and then back up. Slide the left foot next to the right on count 46.
- 47-50 Step the left foot to the left side, shake your hips and bend your knees as you shimmy down and then back up. Slide the right foot next to the left on count 50.

WALL CHANGE-HIP THRUSTS

- 51-54 Cross the right foot over the left. Bend the knees and pivot $\frac{1}{2}$ turn to the left. Straighten up and lower the heels to the floor on count 54.
- 55-56 With arms held straight out in front, pull the arms back twice quickly as you thrust your hips forward.

REPEAT