拍数： 64
壇数： 4
级数：Intermediate
编舞者：Rita Tyner（CAN）
音乐：No News－Lonestar

| HIP BUMPS LEFT，HOLD HIP BUMPS RIGHT，HOLD |  |
| :--- | :--- |
| $1-3$ | Bump hips to the left side three times |
| 4 | Hold |
| $5-7$ | Bump hips to the right three times |
| 8 | Hold |

HIP BUMPS LEFT－RIGHT－LEFT，HOLD
$9 \quad$ Bump hips to left side
10 Bump hips to right side
$11 \quad$ Bump hips to left side
12 Hold with weight on left

## CHARLESTON

13 Step forward with right foot
14 Kick left foot forward
15 Step back with left foot
16 Touch right toe next to left
SHUFFLE RIGHT，SHUFFLE LEFT，ROCK FORWARD，CENTER，BACK，CENTER
17 Step forward with right foot
\＆Step together with left foot next to right foot
18 Step forward with right foot
19
Step forward with left foot
\＆Step together with right foot next to left foot
20 Step forward with left foot
21 Step forward with right foot
22 Rock back onto left foot
23 Step back with right foot
24
Rock forward onto left foot
CROSS RIGHT OVER LEFT，TURN $1 ⁄ 2$ TO THE LEFT，CLAP
25 Step across in front of left foot with right toe／ball
26
27
Start slowly unwinding $1 / 2$ turn left on balls of both feet
Complete left turn
Clap hands at chest level and shift weight to left foot
SHUFFLE RIGHT，SHUFFLE LEFT，ROCK FORWARD，CENTER，BACK，CENTER
Step forward with right foot
\＆Step together with left foot next to right foot
$30 \quad$ Step forward with right foot
31
Step forward with left foot
\＆Step together with right foot next to left foot

## CROSS RIGHT OVER LEFT, TURN ½ TO THE LEFT, CLAP

37 Step across in front of left foot with right toe/ball
38
Start slowly unwinding $1 / 2$ turn left on balls of both feet
39
Complete left turn
40
Clap hands at chest level and shift weight to left foot
VINE RIGHT WITH SCUFF - VINE LEFT WITH $1 / 4$ TURN TO THE LEFT
(Option is roiling vines)
$41 \quad$ Step to right side with right foot
42
43
44
45
46
47
48
(LINDY) RIGHT TRIPLE STEP AND ROCK - LEFT TRIPLE STEP AND ROCK
49 Step to right side with right foot
\& Step together with left foot next to right foot
50 Step to right side with right foot
$51 \quad$ Step back-right with left foot
52
53
\&
54
55
56
HOP FORWARD RIGHT, LEFT, CLAP - HOP BACK RIGHT, LEFT, CLAP
\& Hop forward slightly with right foot
$57 \quad$ Step together with left foot next to right foot
$58 \quad$ Clap hands at chest level
\& Hop back slightly with right foot
59 Step together with left foot next to right foot
$60 \quad$ Clap hands at chest level
RIGHT FOOT JAZZ BOX
61 Step across in front of right leg with left foot
62 Step back with left foot
63 Step to right side with right foot
64 Place left foot next to right foot
REPEAT
TAG
After dancing the 3rd and 6th repetitions, repeat counts \&57-64 before starting the dance over again

