Cotton Eye Jam



编舞者: Pamela Rhodebeck 音乐: Cotton Eye Joe - Rednex



RUNNING MAN (STEP, SLIDE BACK) WITH SIDE TOUCHES

1	Step forward	on right
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& Slide back on right, hitching (lift) left

2 Step forward on left

& Slide back on left, hitching (lift) right

3 Weight on left, touch right out to right side

& Slide back on left, hitching (lift) right

4 Step right beside left

& Slide back on right, hitching (lift) left

5 Step forward on left

& Slide back on left, hitching (lift) right

6 Step right beside left

& Slide back on right, hitching (lift) left
Weight on right, touch left out to left side
& Slide back on right, hitching (lift) left

8 Step left beside right

PUSH TURNS (1/2 TURN, 1/2 TURN)

1-3 Weight on ball of left, tap right out to right side 3 times, pushing self ½ turn left as you tap

4 Step down on right

5-7 Weight on ball of right, tap left out to left side 3 times, pushing self ½ turn right as you tap

8 Step down on left

KICK BALL CHANGES

1-4 Right kick ball change twice

CORKSCREW TURN (FULL TURN)

5 Cross right over left

6-7 On balls of both feet, turn full turn left (now facing 12:00)

Shift weight to left, left will be crossed over right

8 Touch right beside left

THE CROUCH (1/4 TURN)

Keep knees slightly bent for next 8 counts

1 Cross step right over left, pivoting ¼ turn left

Weight on right, holdCross step left over right

4 Weight on left, hold

5 Crouching down, step right long step back (place hands on thighs as you go down)

6 Weight on right, hold

7 Slide left back to beside right as you straighten up (no weight change)

8 Keeping weight on right, hold

ROMP STEPS

& Step left slightly out to left side

1 Touch right heel forward 45 degrees right

& Step right beside left
2 Step left beside right
& Step right slightly out to right side
3 Touch left heel forward 45 degrees left
& Step left beside right
4 Step right beside left (weight even)

HIP ROLLS (ONE FULL CIRCLE FOR EACH COUNT)

5-8 Roll hips to the left 4 times (roll hips right to left, shifting weight to left on the last count)

CORKSCREW WITH RIGHT VINE

- 1 Touch right out to right side
- 2 Cross right over left
- 3-4 On balls of both feet, turn full turn left, shifting weight to left

Left will be crossed over right

- 5 Weight on left, step right to right side
- 6 Cross step left behind right
 7 Step right to right side
 8 Touch left beside right

CORKSCREW WITH LEFT VINE

- Touch left out to left sideCross left over right
- 3-4 On balls of both feet, turn full turn right, shifting weight to right

Right will be crossed over left

- 5 Weight on right, step left to left side
- 6 Cross step right behind left
- 7 Step left to left side8 Touch right beside left

½ TURN, ¼ TURN

- 1 Step forward on right
- 2 Pivot ½ turn left, changing weight to left
- 3 Step forward on right
- 4 Pivot ¼ turn left, changing weight to left

JAZZ BOX WITH 1/4 TURN

- 5 Cross right over left
- 6 Stepping back on left, turn ¼ turn left
- 7 Step right beside left8 Step left beside right

REPEAT