Cherokee Rumble

拍数: 32

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音乐: Lightning Does the Work - Chad Brock

INTRO (DONE ONLY ONCE)

Lift knee high on steps 1-8 of the intro.

- Touch right toe to center front, touch right toe to right 1-2
- 3-4 Repeat 1.2
- Switch weight to right at center, touch left toe to front &5
- Touch left toe to left, touch left toe to center front 6-7
- 8 Touch left toe to left
- & Quickly step on left about 6" from right
- 9-10 Stomp right twice, feet slightly

Spread on all stomps

- 11-12 Stomp left twice
- 13-14 Stomp right, stomp left
- 15 Stomp right
- & Stomp left
- 16 Touch right toe forward

THE MAIN DANCE

RIGHT SLIDE BACK WITH FINGER SNAPS, LEFT SLIDE BACK WITH FINGER SNAPS, REPEAT Make "C" out of body by bending forward, dropping head for first 8 count. On each step-slide two count, bring arms forward to low position in line with head. As moving foot slides back, arms follow. Finger snaps are at same time moving foot reaches rear stop position.

- & Drop body to "C" arms forward
- Slide right foot back slightly past left pulling arms back to hips, snap fingers 1-2
- & Bring arms forward
- 3-4 Slide left foot back past right, pulling arms back to hips, snap fingers
- & Bring arms forward
- 5-8 Repeat 1-4 (no weight on right on 8)

RIGHT SLIDE FORWARD WITH ARM CURLS. REPEAT TWICE, QUADRUPLE

Bring body to upright position, turn loose fists up on 9-14

- As step forward on right begin bringing elbows from behind waist to front 9
- 10 Drag left to right pushing hips forward, completing ¹/₂ arm curl as if lifting weights
- Drop arms to line up with body &

9,10& should be one flowing move without pause

- 11-12& Repeat 9-10&
- As step forward on right begin bringing elbows from behind waist to front 13
- 14 Stomp left by right (complete arm curls)
- 15&16& Step right-left-right-left feet slightly spread

RIGHT, LEFT BEHIND, TRIPLE STOMPS, LEFT, BEHIND ¼ LEFT, TRIPLE STOMPS

- 17-18 Step to right on right, step left behind right
- 19&20 Triple stomps in place right-left-right (feet slightly spread)
- 21-22 Step left to left, step right behind left turning 1/4 left
- 23&24 Triple stomps in place (feet slightly spread) left-right-left

LEFT PIVOT ½, LEFT PIVOT ¾, ROCK BACK & FORWARD, STEP, SCOOT, TOE TOUCH





级数:

墙数:1

25-26	Step forward with right, pivoting ½ left
27&28	Turn ¾ left stepping right-left-right
29-30	Rock back on left, forward on right
31&32	Step forward on left, scoot forward on left, hitching right
&	Touch right toe to floor

REPEAT