

Bumpin' Country

COPPER KNOB
STEPPERS

拍数: 44 墙数: 4 级数:
编舞者: Lori Myers (USA)
音乐: Girls With Guitars - Wynonna



HIP BUMPS, HIP PUSHES

- 1-2 Bump hips to the right twice
- 3-4 Bump hips twice to the left
- 5 Push hips to the right
- 6 Push hip to the left
- 7 Push hips to the right
- 8 Push hips to the left

SIDE SHUFFLES, ROCK STEPS

- 1&2 Shuffle sideways to the right (right, left, right)
- 3 Rock back on left foot
- 4 Rock forward on right foot
- 5&6 Shuffle sideways to the left (left, right, left)
- 7 Rock back on right foot
- 8 Rock forward on left foot
- 9-16 Repeat counts 1-8

DIAGONAL STEP SLIDES RIGHT & LEFT, SYNCOPATED OUT-OUT, IN-IN

- 1 Step forward and diagonally right on right foot
- 2 Slide left foot up next to right
- 3 Slide forward and diagonally right on right foot
- 4 Touch left toe next to right
- 5 Step forward and diagonally left on left foot
- 6 Slide left foot up next to right
- 7 Step forward and diagonally left on left foot
- 8 Touch right toe next to left foot

- &9 Step to the right on right foot; step to the left on left foot
- &10 Step right foot home; step left foot next to right

HIP BUMPS, PIVOT-TURNS

- 1 Bump hips to the right
- 2 Bump hips to the left
- 3 Step forward on right foot pivot $\frac{1}{2}$ to the left
- 4 Pivot $\frac{1}{2}$ to the left, shifting weight to the left foot
- 5 Step forward on right foot turn $\frac{1}{4}$ left
- 6 Turning $\frac{1}{4}$ left, shifting weight to left foot
- 7 Cross right foot over left
- 8 Unwind $\frac{1}{2}$ turn to the left
- 9 Hold
- 10 Clap hands

REPEAT