Those Applebottom Jeans

级数: Intermediate / Advanced

编舞者: Joey Warren (USA) - January 2008

音乐: Low (feat. T-Pain) - Flo Rida

拍数: 64

Brush-Out-Out, Back Body Roll, Step-Heel, Arm Swing x2, Step-Point

- 1&2 Brush R foot forward, Step R foot out, Step L foot out
- 3 4Push hips back and roll them up (weight on R)
- Step L foot next to R, Place R heel forward, Swing R arm acroos R leg &-5-6
- Swing R arm back across R leg, Step down on R foot, Point L toe out 7&8

1/4 Turn x2, 1/4 Turn L Sailor, Step x4 around 1/2 Turn

- 1 21/4 Turn L stepping L foot forward, 1/4 Turn L stepping R foot to R side
- 3&4 1/4 Turn L stepping L back, Step R foot beside L, Step L foot forward
- Keeping L foot on ground Step R foot around x4 for 1/2 Turn (Weight needs to be on the L foot 5 – 8 on count 8)

Kick-&-Touch, 1/2 Turn w/ Knees, Step forward w/ drag, L Touch w/ Look

- Kick R foot forward, Step R foot beside L, Touch L toe back 1&2
- 3 4 1/2 Turn L rolling L knee around, Finish 1/2 Turn rolling R knee to L (weight R)
- 5 6 Step L foot forward, Drag/Step R foot next to L
- 7 8Touch L toe out to L side swinging head to R side, Step L foot next to R

Option on 5-8: You could kick R forward, step R beside L, then drop down on L knee, Do ½ Turn L on L knee putting R knee down beside L, Get up on the L step forward

Roll Out-Out, Cross Step, Roll Out-Out, Cross 3/4 Turn L stepping L forward

- Roll R knee out as you step R out, Roll L knee out as you step L out 1 - 2
- 3 4Cross R foot over L as you roll R knee, Step L foot out to L
- 5 6 Roll R knee out as you step R out, Roll L knee out as you step L out
- 7 8 Cross R foot over L starting ³/₄ turn L, Finish Turn with weigh on R

Out-Out Knee Pop, Weave ¼ Turn L, Big Step w/ Drag, Heel Twists x2

- &1&2 Step L foot out, Step R foot out, Pop Knees up, Put weight down on R
- Step L foot behind R, ¼ Turn R stepping R forward, Step L foot forward 3&4
- 5 6Take big step forward w/ R, Step L foot beside of R
- &7&8 Come up on toes swivel heels R, center, L, center (weight on R)

Step back-forward-forward, 1 ¼ Turn R, Out-Out, Upper Body Twist

- &-1-2 Step back on L, Step forward on R, Step forward on L
- 3 41/2 Turn R putting weight on R, 1/2 Turn R stepping back on L
- 5-6 1/4 Turn R stepping out on R, Step out on L
- 7 8Twist body to R looking over R shoulder R hand on butt. Return to center

Jump to Side, Step-Touch-Full Turn, Rock & Cross, Step out w/ Sweep

- 1 2Jump to R side, Step out to L with L foot
- 3 4Touch R foot behind L, Unwind Full Turn to R weight ending on R
- 5 & 6Rock out on L, Recover on R, Step L across R foot
- & 7 Step out on R foot, Step L foot next to R starting a R sweep behind L

Sailor Step, Free Style last counts with a 34 Walk around to the R

- 8-&-1 Step R foot behind L foot, Step L foot out, Step R foot forward
- 2 8This is your time to free style! All you have to do is do it with a ³/₄ turn to the R ending with your weight on the L so you are ready to start with your R kick.





墙数:4

When I taught this the first time we just did a 3⁄4 Walk Around for 2 - 8 starting with the L foot, seemed to go over pretty well just with that. If you don't like freestyling!

• The music during the chorus says to get low repeatedly on this part so play around with that.

BEGIN AGAIN!!!!