Apple Bottom Jeans



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音乐: Low (feat. T-Pain) - Flo Rida: (CD: Single)



Intro: 32 Count

Step Forward, Recover, Back Shuffle, Step Back, Recover, Step Forward, Brush Hand Twice

1-2	Rock right forward, recover to left
3&4	Chassé back right, left, right

5-6 Rock left back, recover right forward

Step left forward (bend body slightly forward & brush right hand across left, to left side)
 Hold (brush hand across left, to right side, as though, brushing on fur boot on left)

Right Kick Ball Change, Step Right Side, Touch Left Together, Left Vine, (Slap)

1&2 Kick right forward, step right together, step left forward

3-4 Step right to side, touch left together
5-6 Step left to side, cross right behind left
7-8 Step left to side, touch or hitch right

Option: look over right shoulder, slap butt with right hand

Monterey Turns

1-2	Touch right to side, turn ½ right and step right together
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3-4 Touch left to side, step left together

5-6 Touch right to side, turn ½ right and step right together

7-8 Touch left to side, step left together

1/4 Paddle Turns Twice, Walk Forward Right, Left, Right, Left

1-2 Step right forward, turn ¼ left (weight to left)
3-4 Step right forward, turn ¼ left (weight to left)

Hips rolls can be added to paddle turns, for styling 5-8 Walk forward right, left, right, left

Option: walk forward bending knees, going lower and lower

Repeat

Easy alternative steps for Monterey turns

1-4 Touch right out, step right together, touch left out, step left together

5-8 Repeat those 4 steps again