Grab Your Boots

拍數: 32

級數: Improver

編舞者: Amélie Roy (CAN) - October 2024

音樂: KEEPIN IT COUNTRY - James Johnston

Intro 16 counts

[1-8] HEEL SWITCH, STOMP, KICK, COASTER, SHUFFLE FWD

- 1&2& Touch R heel fwd, Step R next to L, Touch L heel fwd, Step L next to R
- 3-4 Stomp R next to L, Kick L fwd
- 5&6 Step L back, Step R together, Step L fwd
- 7&8 Step R fwd, Step L beside R, Step R fwd

[9-16] COASTER, UNWIND ½ R, SHUFFLE FOWARD, HEEL GRIND ¼ R

- 1&2 Step L fwd, Step R together, Step L back
- 3-4 Touch R toe back. Make ¹/₂ turn right taking weight to R foot
- 5&6 Step L fwd, Step R beside L, Step L fwd
- 7-8 Step R heel fwd. Grind heel into floor as you make a ¹/₄ turn right stepping L back

*3rd WALL: RESTART

[17-24] SIDE HOOK BEHIND (2X), SWIVEL, STEP, SCUFF, SHUFFLE R

- 1&2& R side step, L flick crossing behind R with R hand slapping L boots, L side step, R flick crossing behind L with L hand slapping R boot
- 3&4& R ball fwd, Swivel heel R to R, Swivel heel R center, Step R together
- 5-6 Step L fwd, Scuff R fwd
- 7&8 Step R stepping R to R side, Step L together, Step R to R side

[25-32] VAUDEVILLE (2X), SHUFFLE BACK, COASTER

- 1&2& Cross L in front R, R to R side, Heel L touch in diagonal on L side, L next to R
- 3&4 Cross R in front L, L to L side, Heel R touch in diagonal on R side
- 5&6 Step R back, Step L together, Step R back
- 7&8 Step L back, Step R together, Step L fwd

**6th WALL: 16 COUNTS TAG

[1-16] ROCK STEP, CHASSÉ (2X), STEP R, BEHIND-SIDE-CROSS, STEP, PADDLE TURN ½ L, SAMBA STEP, STEP, SCUFF

- 1-2 Step R to R side, Recover L
- &3&4 R together, Step L to L side, R together, Step L to L side
- 5-6&7 Recover R, Cross L behind R, Step R to R side, Cross L in front R
- 8 Step R to R side
- 1&2&3&4Paddle turn on ½ turn: LF fwd, Ball of RF to slightly right , LF on place Ball of RF to slightly
right LF on place, Ball of RF to slightly right, LF fwd (By turning ½ L)
- 5&6 Cross R in front L, L to L side, Recover R
- 7-8 Step L fwd, Scuff R

FINAL: After the first 14 counts, Stomp R, Stomp L

Last Update: 18 Jan 2025



牆

牆數:4