

Tight Britches

拍數: 48 牆數: 4 級數: Intermediate west coast swing
編舞者: Brenda Disher & Cathy Baynes
音樂: Honky Tonk Badonkadonk - Trace Adkins



INTRO

STEP SIDE, HOLD, BALL STEP SIDE, HOLD, BALL STEP SIDE, STEP SIDE RIGHT, STEP SIDE LEFT, HOLD

1-4 Step left foot to left side, hold, step right foot next to left, step left foot to left side, hold
&5-8 Step right foot next to left, step left too to left side, step right to right side, step left to left side, hold

THE MAIN DANCE

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

1-4 Step right foot to right side, step left foot next to right, step right foot to right side, rock back on left foot, recover onto right foot
5-8 Step left foot to left side, sep right foot next to left foot, step left foot to left side, rock back on right foot, recover onto left foot

KICK BALL CHANGE TWICE, 1/8 TURN PIVOT WITH HIP CIRCLE TWICE

9-12 Kick right foot forward, step on the ball of the right foot, step left foot in place, kick right foot forward, step on the ball of the right foot, step left foot in place
13-16 Step forward on right foot, pivot 1/8 turn left while circling hips to the left, step forward on right foot, pivot 1/8 turn left while circling hips to the left

ROCK STEP FORWARD, SHUFFLE ½ TURN, ROCK STEP FORWARD, SHUFFLE ½ TURN

17-20 Rock forward on right foot, recover onto left foot, shuffle ½ turn right stepping right, left, right
21-24 Rock forward on left foot, recover onto right foot, shuffle ½ turn left stepping left, right, left

TOE STRUTS FORWARD, SCUFF, HITCH, TOUCH FORWARD, HIP BUMPS

25-28 Touch right toe forward, drop heel, touch left toe forward, drop heel
29-32& Scuff right foot forward, slightly hitch right knee, touch right toe forward, bump right hip to right, bump left hip to left, bump right hip to right, bump left hip to left

SIDE ROCK & CROSS TWICE, ROCK STEP FORWARD, COASTER STEP

33-36 Rock right foot to right side, recover onto left foot, step right foot over left, rock left foot to left side, recover onto right foot, step left foot over right
37-40 Rock forward on right foot, recover onto left foot, step back on right foot, step left foot beside right foot, step forward on right foot

PIVOT ½ TURN, SHUFFLE FORWARD, SWEEP ½ TURN WITH TOUCH, HIP BUMPS

41-44 Step forward on left foot, pivot ½ turn right, step forward on left foot, bring right foot up next to left foot, step forward on left foot
45-48 Sweep right toe around while making ½ turn left, touch right toe next to left, bump right hip to right, bump left hip to left

REPEAT

RESTART

On the 1st wall do the dance up to count 40, you will do the coaster step with a touch and start again
On the 6th wall, do the dance up to count 32 and then start again