Hawaiian Cowboy Boogie Aerobics

級數: Beginner

編舞者: Unknown

拍數: 28

音樂: Suspicious Minds - Dwight Yoakam

This dance is done mainly with your hands.

HANG LOOSE

- 1-2 "Hang loose" on right hand waving it twice, left hand on buckle
- 3-4 "Hang loose" on left hand waving it twice, right on buckle

HELLO-HELLO

- "Hello-hello" roll right palm in side twice, other on buckle 5-6
- 7-8 "Hello-hello" roll left palm in side twice, other on buckle

ROLL BOTH HANDS

- 9-10 Roll both hands in right side
- 11-12 Roll both hands in center
- 13-14 Roll both hands in left side
- 15-16 Roll both hands in center

WINK LIKE A QUEEN

- 17-18 "Wink-wink" wave with right hand twice, other taps buckle
- 19-20 "Wink-wink" wave with left hand twice, other taps buckle

SLIDES

- Slide right hand down your right behind 21-22
- 23-24 Slide left hand down your left behind

JUMPS

- 25 Jump forward on both feet
- 26 Jump forward on both feet
- 27 Jump forward turning 1/4 to the left and clap hands together
- 28 Jump forward and clap hands together

REPEAT

Styling: move hips the "Hawaiian way" all through the dance, this is what the dance is about, roll, shake, bump your hips!





牆數: 4