

H B D (Happy Birthday Don)

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Sylvia Moody
音樂: Rock This Country! - Shania Twain



KICK BALL CHANGE 2 TIMES, SHUFFLE RIGHT, LEFT, RIGHT, ROCK STEP BACK LEFT

- 1&2 Kick ball change (kick right foot forward straight out 6 inches off floor, step on ball of foot next to left lifting left foot slightly off floor, step on left foot next to right)
3&4 Repeat steps 1&2
5&6 Shuffle to the right (step right foot to the right, step left foot next to right, step right foot to the right)
7 Step backward on to left foot lifting right heel off the floor
8 Replace weight on the right foot lifting left heel off the floor

KICK BALL CHANGE 2 TIMES, SHUFFLE LEFT, RIGHT, LEFT ROCK STEP BACK RIGHT

- 9&10 Kick ball change (kick left foot forward straight out 6 inches off floor, step on ball of foot next to right lifting right foot slightly off floor, step on right foot next to left)
11&12 Repeat steps 9&10
13&14 Shuffle to the left (step left foot to the left, step right foot next to left, step left foot to the left.)
15 Step backward on to the right foot lifting left heel off the floor
16 Replace weight on the left floor lifting right heel off the floor

ROCK STEP, STOMP TWICE, 2 HALF TURNS

- 17 Step forward on the right lifting left heel off the floor
18 Replace weight on the left foot lifting right heel off the floor
19-20 Stomp right foot forward, stomp left foot next to right
21-22 Step forward on your right turn to your left, step on your left to complete the turn
23-24 Step forward on your right turn to your left, step on your left to complete the turn

VINE TO THE RIGHT, 4 HIP BUMPS

- 25-27 Step right to the right side, cross left behind right, step right foot to the right side
28 Step left foot next to right, weight is distributed evenly between feet
29-30 Bump hips to the left, bump hips to the right
31-32 Bump hips to the left, bump hips to the right

VINE TO THE LEFT, 4 HIP BUMPS

- 33-35 Step left to the left, cross right behind left, step left to the left
36 Step right foot next to left, weight is distributed evenly between feet
37-38 Bump hips to the right, bump hips to the left
39-40 Bump hips to the right, bump hips to the left, weight is on left foot

QUARTER TURN TO LEFT, 2 SAILOR SHUFFLES, STOMP, STOMP

- 41-42 Step forward on the right, turn to the left and step on left foot
43&44 Cross right behind left, step out to the left side with left foot step right next to left; shoulder width apart
45&46 Cross left behind right, step out to the right side with right foot step left next to right; shoulder width apart
47-48 Stomp right foot forward, stomp left foot forward

REPEAT