Electric Cowboy

拍數: 32

級數: Improver

編舞者: Levi J. Hubbard (USA)

音樂: Hillbilly Rap - Neal McCoy

Start dance on the first day-oh (16 counts from the start of the music)

VINES (RIGHT-LEFT)

1	Right - step to side
2	Left - cross step behind right
3	Right - step to side
4	Left - touch together while clapping hands
5	Left - step to side
6	Right - cross step behind left
7	Left - step to side
8	Right - touch together while clapping hands
Optional rolling vines can be done instead	

FULL TURN TO THE BACK, HOP, STEP FORWARD, HOP, STEP FORWARD, HOP

- Right turning 1/2 turn right, step forward 9 10 Left - turning 1/2 turn right, step backward
- 11 Right - step backward
- 12 Right - hop slightly forward, while hitching left up
- 13 Left - step forward
- 14 Left - hop slightly forward, while hitching right up
- 15 Right - step forward
- Right hop slightly forward, while hitching left up 16

Option: you can just walk back on counts 9-12 if you wish

JUMPING JACK, CROSS STEP, ½ SPIRAL TURN (LEFT), SPANK IT WHILE YOU HOLD, SHUFFLE FORWARD

- 17 Jump both feet out (shoulder length apart)
- 18 Jump both feet together, crossing right over left
- 19 Unwind 1/2 turn left, while putting both hands on your hips
- 20 Hold (while spanking your hips)
- 21&22 Shuffle forward stepping (right-left-right)
- 23&24 Shuffle forward stepping (left-right-left)

JUMPING JACK, CROSS STEP, ½ SPIRAL TURN (LEFT), SPANK IT WHILE YOU HOLD, BODY ROLLS **OR HIP ROCKS**

- 25 Jump both feet out (shoulder length apart)
- 26 Jump both feet together, crossing right over left
- 27 Unwind $\frac{1}{2}$ turn left, while putting both hands on your hips
- 28 Hold (while spanking your hips)
- 29-30 Roll your hips from front to back or bump it forward twice
- 31-32 Roll your hips from front to back or bump it backward twice
- & Turn 1/4 turn left and start again from the top

On counts 29-32 extend both arms forward, keeping both elbows slightly bent hands in fists with right wrist resting on left backhand (holding the reins)

REPEAT

For Windi and the Gang. You all have been there from day one!





牆數: 4