CKBW (Country Kick Boogie Woogie)



拍數: 60 牆數: 2 級數:

編舞者: Sandra Mailman (CAN), Linda Mailman (CAN) & Dawn Randall (CAN)

音樂: What the Cowgirls Do - Vince Gill



| 1 | Left applejack (on the heel of left foot, the ball of right foot, swing feet out and home). |
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| 2 | Right applejack (on the ball of left foot, the heel of right foot, swing feet out and home). |
| 3 | Left applejack (on the heel of left foot, the ball of right foot, swing feet out and home). |
| 4 | Right applejack (on the ball of left foot, the heel of right foot, swing feet out and home). |
| 5-12 | Two Montana (a.k.a. Charleston) kicks (step right, kick left and clap. Step back on left, touch right back - repeat). |
| 13-16 | Grapevine right (step right, left behind, step right, kick left out and clap). |
| 17-20 | Grapevine left (step left, right behind, step left, kick right out and clap). |
| 21-28 | Four boogie woogies (¼ turn with hip swivels) (to the left) (place right foot in front of left and pivot ¼ turn, pushing right hip out. Repeat 3 more times). |
| 29-30 | Two right heels (two heels out at 45 degrees, tap twice) |

JUMPING JACK TURN RIGHT AND JUMPS:

31-32 Cross right over left - ½ turn to the right

Jump backJump forward

HEEL TAPS:

35-36 Two left heels (two left heels out at 45 degrees, tap twice)

JUMPING JACK TURN LEFT AND JUMPS:

37-38 Cross left over right - ½ turn to the right

Jump backJump forward

RIGHT AND LEFT SHUFFLES:

41&42 Shuffle right-left-right 43-44 Shuffle left-right-left

LEFT AND RIGHT KICKS

45 Step right
46 Kick left
47 Step back left
48 Kick right

LEFT AND SLIDE RIGHT BALL CHAIN:

49 Step back right50 Hitch left (knee)

51 Put left foot down - slide right beside left

52 Step left

SWING RIGHT LEG 1/2 TURN AND STOMP TWICE:

53-54 Swing right leg around to the left for ½ turn (turn on left ball of foot).

Stomp right (beside left)Stomp left (beside right)

FINAL HIP BUMPS:

57-58 Two left hips (bump, bump) 59-60 Two right hips (bump, bump)

REPEAT