

Bull Rider

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Maureen McGuigan (USA)
音樂: Paint the Town Redneck - John Michael Montgomery



STOMPS & DRAGS (THE ANXIOUS BULL)

- 1-2 Stomp right foot down; drag left foot to right (weight on right)
3-4 Stomp left foot down; stomp right foot down
5-6 Stomp left foot down; drag right foot to left (weight on left)
7-8 Stomp right foot down; stomp left foot down.

RIGHT LUNGE, LEFT LUNGE (BULL BUMPS THE SIDES)

- 9-10 Lunge right foot to right side (angle body to 10:00); step left in place & snap fingers
Styling: Right arm bent at elbow & horizontal/left arm bent at elbow & vertical
11-12 Step right foot to center; hold position & clap hands:
13-14 Lunge left foot to left side (angle body to 2:00); step right in place & snap fingers
Styling: Left arm bent at elbow & horizontal; right arm bent at elbow & vertical.
15-16 Step left foot to center; hold position & clap hands.

RIGHT KICK-BALL-CHANGE, ROCK-STEP, FORWARD SHUFFLES

- 17&18 Kick right forward; step on right foot; step on left foot
19-20 Rock-step right foot back; step left foot in place
Styling: Lean back on right rock-step holding hands out like holding reins.
21&22 Step right foot forward; step left together; step right foot forward
23&24 Step left foot forward; step right together; step left foot forward.

ROCKING CHAIR, CROSS-UNWIND (THE BULL TURNS)

- 25-26 Rock-step right foot forward; step left in place
27-28 Rock-step right foot back; step left in place
29-30 Tap right heel forward (option: kick right forward); cross-touch right toe over left
31-32 Unwind ½ turn left (weight on left); hold position & clap hands.

HIP BUMPS (RIDING THE BULL)

- 33-34 Step right foot forward bumping hips forward twice
35-36 Shift weight back to left; bumping hips back twice
37 Rising up on balls of feet, roll hips forward (right hand over head like rodeo rider)
38 Lowering heels, shift weight back and roll hips back
39 Rising up on balls of feet, roll hips forward (right hand over head like rodeo rider)
40 Lowering heels, shift weight back and roll hips back.

STEP SLAPS (BULL BUCKING)

- 41-42 Step right foot forward; kick left foot behind right & slap with right hand
43-44 Step back on left; raise right knee & slap with left hand
45-46 Step back on right; raise left knee & slap with right hand
47-48 Touch left toe beside right; raise left knee & slap with right hand.

STEP, DRAG, STOMP, STOMP

- 49-50 Take big step forward on left; drag right to left (weight on left)
51-52 Stomp right; stomp left
53-56 Cross-touch right toe over left foot; slowly unwind ¾ turn left (weight on left)

Option: Drop heels down on each count as you turn.

GRAPEVINE RIGHT (OFF THE BULL)

57-58 Step right foot to right side; cross-step left behind right

59-60 Step right foot to right side; touch left beside right

STEP, DRAG, STOMP, STOMP

61-62 Take big step to left on left foot; drag right foot to left

63-64 Stomp right; stomp left.

REPEAT
