

編舞者: Gaby Neumann (DE) - April 2009

音樂: French Cancan - Rednex



# Start dancing on lyrics

Or Music: Six Days On The Road by Sawyer Brown [166 bpm / CD: Line Dance Fever 3] No One Needs To Know by Shania Twain [136 bpm / The Woman In Me]

# Toe, Heel, Toe, Heel, Cross, Heel, Toe, Step

1	Touch right toe diagonally back (turn your knee a bit near left leg)
2	Touch right heel diagonally forward (turn right toe to the right)
3	Touch right toe diagonally back (turn your knee a bit near left leg)
4	Touch right heel diagonally forward (turn right toe to the right)
5	Cross/touch right over left

6 Touch right heel diagonally forward (turn right toe to the right)

7 Touch right toe diagonally back (turn your knee a bit near left leg)

8 Step right together

# Toe, Heel, Toe, Heel, Cross, Heel, Toe, Heel

1	Touch left toe diagonally back (turn your knee a bit near right leg)
2	Touch left heel diagonally forward (turn left toe to the left)
3	Touch left toe diagonally back (turn your knee a bit near right leg)
4	Touch left heel diagonally forward (turn left toe to the left)
5	Cross/touch left over right
6	Touch left heel diagonally forward (turn right toe to the left)
7	Touch left toe diagonally back (turn your knee a bit near right leg)
8	Touch left heel diagonally forward(turn right toe to the left)

# Heel Switches With Holds, Heel Switches

&1	Step left together, touch right heel forward
2	Hold (option: clap)
&3	Step right together, touch left heel forward
4	Hold (option: clap your hands)
&5	Step left together, touch right heel forward
&6	Step right together, touch left heel forward
&7	Step left together, touch right heel forward
8	Hold

# Hip Bumps, Hip Bumps With 2x 1/8 Turn

1	Step right forward and bump hip right (weight to right)
2	Hold
3	Bump hip left (weight to left)
4	Hold
5	Turn 1/8 left and step right forward and bump hip right
6	Step left together and bump hip left
7	Turn 1/8 left and step right forward and bump hip right
8	Step left together and bump hip left

# Repeat

