

# Shortenin' Bread

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Liz Cartwright (UK) - March 2011  
音樂: Shortenin' Bread - The Tractors : (Album: Farmers in a Changing World)



32 count in when heavy beat starts, start on vocals.

## Grapevines with touches Right and Left

1-2            Step right to right, step left behind right  
3-4            Step right to right side, touch left beside right  
5-6            Step left to left side, step right behind left  
7-8            Step left to left side, touch right beside left

## Back right & touch, forward left & touch, Forward right & touch back left & touch

1-2            Step back on right, touch left beside right with clap  
3-4            Step forward on left, touch right beside left with clap  
5-6            Step forward on right, touch left beside right with clap  
7-8            Step back on left, touch right beside left with clap

## Dip right and point left, Dip left point right, Turning Walks ¼ Turn left

1-2            Step to your right bending right knee, point left toe to left side  
3-4            Step to your left bending left knee, point right toe to right side  
5-8            Walk right, left, right, left making ¼ left.

## Stomp Hold and Clap, Stomp Hold and Clap, Run Right, Left, Right, Left

1-2            Stomp right hold and clap,  
3-4            Stomp left hold and clap  
5-6            Run right, left, right, left

Repeat

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