Dirty Redneck

級數: Beginner

拍數: 32 編舞者: Pat Esper (USA) - February 2013

音樂: Dixie Fried - Moccasin Creek

Heel, Heel, Hee	el, Heel, Rock, Recover, Coaster step
1&2&	. Touch the left heel forward, Lift the left knee, Touch the left heel forward, Step the left foot next to the right.
3&4&	. Touch the right heel forward, Lift the right knee, Touch the right heel forward, Step the right foot next to the left.
5	. Rock forward on the left foot.
6	. Recover onto the right foot.
7&8	. Step back on the left foot, Step the right foot next to the left, Step forward slightly on the left foot.
Hip shimmy to t	the side, Together, Hold, Hip shimmy to the side, Together, Hold
9&10	. Step the right foot to the side as you bump the hips right, Bump hips left, bump hips right.
11	. Step the left foot next to the right.
12	. Hold. (clap as an option).
13&14	. Step the right foot to the side as you bump the hips right, Bump hips left, bump hips right.
15	. Step the left foot next to the right.
16	. Hold. (clap as an option).
Shuffle forward	, Step, Half turn, Turning shuffle, Rock, Recover
17&18	. Step forward on the right foot, Step the left foot next to the right, Step forward on the right foot.
19	. Step forward on the left foot.
20	. Turn a half turn to the right.
21&22	. Turn a quarter turn to the right while stepping the left foot to the side, Step the right foot next to the left, Turn a quarter turn to the right while stepping back on the left foot.
23	. Rock back on the right foot.
24	. Recover onto the left foot.
Quarter turn wit	th hip rolls, Jazz triangle, Stomp (touch)
25	. Step forward on the right foot.
26	. Roll the hips counter-clockwise turning an eighth of a turn to the left.
27	. Step slightly forward on the right foot.
28	. Roll the hips counter-clockwise turning an eighth of a turn to the left.
29	. Step the right foot across the left.
30	. Step back on the left foot.
31	. Step the right foot to the side.
32	. Stomp the left foot next to the right. (Option: Touch the left foot next to the right.)
Contact: ptespe	er@gmail.com on Facebook at The Redneck Revolution (of music and dance with Pat Esper)



牆數:4