

Goin' Hamm

Compte: 32 Mur: 2 Niveau: Improver

Chorégraphe: Trevor Thornton (USA) - August 2014

Musique: Crank It Up - Colt Ford

Intro: 32 counts in on the words shake them hips....

STEP HIP SWIVEL, COASTER STEP X2

1&2 Step fwd on RF, swivel heels right raising R hip, bring heels back center

3&4 Step back slightly on RF, step LF next to RF, step fwd on RF

5&6 Step fwd on LF, swivel heels left raising your L hip, bring heels back center

7&8 Step back slightly on LF, step RF next to LF, step fwd on LF

R ROCK, RECOVER, ½ TURN SHUFFLE, L ROCK, RECOVER COASTER CROSS

1-2 Rock fwd on RF, recover weight to LF

3&4 ½ turn over RT shoulder, stepping fwd on RF, slide LF to RT instep, step fwd on RF

5-6 Rock fwd on LF, recover weight to RF

7&8 Step back slightly left, step right next to left, cross left over right

Restart here on wall 4- dance first 16 counts you will be facing 12:00 when you restart.

GRAPEVINE RIGHT, TURNING GRAPEVINE LEFT

1-4 Step RF to right side, step LF behind RF, step RF to right side, touch L toe next to R

5-8 ¼ turn L step on LF, ½ turn L step back on RF, ¼ turn L step on LF, touch R toe next to L

TOUCH R FWD, SIDE, SAILOR, TOUCH L FWD, SIDE, SAILOR

1-2 Touch R toe fwd, touch R toe to R side

3&4 Step RF behind LF, step LF to L side, step RF to R side

5-6 Touch L toe fwd, touch L toe to L side

7&8 Step LF behind RF, step RF to R side, step LF to left side

TAG: ROCKING CHAIR - After wall 9 FACING 6:00

1-4 Rock fwd on RF, recover LF, rock back on RF, recover LF

COUNTRY DANCE