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Touch left heel in front twice

61 &

**Bowleggin'** 

BEGINNER 64 Count

Choreographed by: Tamela Baker Choreographed to: Bad Loser by Joy Lynn White

**HEEL-TOE SPLITS** With weight on balls of both feet, spread heels out - in 1 - 2 With weight on heels of both feet, spread toes out - in 3 - 4 5 - 8 Repeat steps 1-4 HOP, SPLIT, CLAP & With body angled slightly left lean back on right foot and extend left heel forward 9 Bring both feet to center Hop slightly forward stomping both feet 10 With body angled slightly right lean back on left foot and extend right heel forward & Bring both feet to center 11 Hop slightly forward stomping both feet 12 13 - 14 With weight on balls of both feet, spread heels out-in 15 - 16 Clap hands twice **PINBALL HOPS** & Hop forward at a right diagonal on right foot 17 Touch left toe beside right 18 Pause or hold one beat & hop forward at a left diagonal on left foot Touch right toe beside left 19 Pause or hold one beat 20 Repeat steps &17-20 & 21 - 24 **GRAPEVINE RIGHT** 25 - 27 Vine right (step right to right, step left behind, step right to right) Hook left foot in front of right leg 28 **GRAPEVINE LEFT WITH 1/4 TURN** Vine left (step left to left; step right behind, step left to left into a 1/4 turn left) 29 - 31 Finishing 1/4 turn left, brush right foot forward toe-heel cross-walks 32 33 - 34 Cross right toe in front of left foot (raise hands to shoulder level); lower left heel to floor (and snap fingers as you drop hands) Touch left toe to left side with heel off floor (raise hands to shoulder level); lower left heel to floor 35 - 36(and snap fingers as you drop hands) 37 - 40Repeat steps 33 - 36 KICK, ROCK STEP 41 Kick right foot forward & bend right knee slightly 42 Kick right foot forward 43 - 44 Rock back on right foot; step forward onto left **PIVOT TURN. STOMP** 45 - 46 Step forward on right; pivot 1/2 turn to left 47 - 48 Stomp right foot; stomp left foot **BOWLEGGIN'** 49 Touch right toe forward "bowing" knee to right (your knee should move in a 1/4 circle to the right) "bow" right knee back to center and straighten putting weight on right foot 50 Touch left toe forward "bowing" knee to left (your knee should move in a 1/4 circle to the left) 51 "bow" left knee back to center and straighten putting weight on left foot 52 53 - 56 Repeat steps 49 - 52 **HEELS TOUCHES WITH MONTEREY SPINS** 57 & Touch right heel in front twice Touch right toe out to right 58 Swing right foot 1/4 turn to right 59 60 Step down on right foot

Touch left toe out to left
Swing left foot 1/4 turn to left
Step down on left foot

## **REPEAT**

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