Saddle Up Shawty (ㄆㄚv妹妹) (zh)

Count: 48 **Wall:** 4 **Level:** Intermediate
Choreographer: Guyton Mundy (USA) - 2008年02月
Music: Saddle Up Shawty (Club Mix) - Mikel Knight : (CD: Urban Cowboy)

前奏： Intro: None, cold start immediately after the rooster crows 沒有前奏, 雞叫啼後起跳

第一段	**Kick, Step; Kick, Hook; Step; Hold (add hands), Hitch; Walk back & Touch; Left Hip bumps x 2** **踢 踏 踢 勾, 踏 候 抬(加手勢), 後走 走 點, 左推臀二次**
1&2&	Low kick R fwd, step on R, Low kick L fwd, Hook L over R knee, 右足略前踢, 右足踏, 左足略前踢, 左足於右膝勾
3&4	Step L slightly fwd (3) Hold on (&) Shift weight back to R and hitch L up (4) 左足略前踏, 候, 重心移右足左足抬 [Hands: L arm out to low left side with R fist at inside of L elbow (3), R arm out to low right side with L fist at inside of R elbow (&), Leaving L arm across body, bend R arm up vertically over R shoulder on same count as L leg hitch(4)] 手勢：左手伸向左邊略低處右拳到左手肘位置, 右手伸向右邊略低處左拳到右手肘位置, 左手放原位右手彎垂直左足抬
5 & 6	Walk back L, walk back R, Touch L out to left side 左足後走, 右足後走, 左足左點
7, 8	Bump L hip up and to the left twice (12:00) 左推臀兩次(12點鐘)
第二段	**Step to L side; Quarter-turn Sailor; Half-turn Sailor; R shuffle fwd; Step fwd L 左, 1/4轉水手, 轉水手, 前交換, 踏**
1,	Step L to left side 左足左踏
2&3	Step R behind L, turn ¼ to left stepping fwd on L, step R to right side 右足於左足後踏, 左轉90度左足前踏, 右足右踏
4&5	Step L behind R turning ¼ to left, Step R to right side turning ¼ to left, Step L fwd 左轉90度左足於右足後踏, 左轉90度右足右踏, 左足前踏
6&7	Step R fwd, Step L next to R, Step R fwd 右足前踏, 左足併踏, 右足前踏
8	Step fwd on L (3:00) 左足前踏(面向3點鐘)
第三段	**Step R fwd, Half-turn hip roll; Half-turn Sailor; Step R fwd, Half-turn hip roll; L Coaster Step** **踏, 轉臀轉1/2, 轉水手, 踏, 轉臀轉1/2, 海岸步**
1, 2	Step R fwd, Roll hips around in counter-clockwise ½ turn (weight stays on R) 右足前踏, 逆時針轉臀並轉180度(重心在右足)
3&4	Step L behind R turning ¼ to left, Step R to right side turning ¼ to left, Step L fwd 左轉90度左足於右足後踏, 左轉90度右足右踏, 左足前踏
5, 6	Step R fwd, Roll hips around in counter-clockwise ½ turn (weight stays on R) 右足前踏, 逆時針轉臀並轉180度(重心在右足)
7&8	Step L back, Step R back next to L, Step L fwd (9:00) 左足後踏, 右足併踏, 左足前踏(面向9點鐘)
第四段	**Funky skates fwd x 2; Cross, back, ¼ turn; ¼ turn; ½ turn; L Shuffle fwd 滑冰兩次, 交叉 後 1/4, 1/2 1/2, 前交換**
1, 2	Big step up and out with R to right side, Big step up and out with L to left side 右足滑冰步, 左足滑冰步
3&4	Cross step R over L; Step back on L; Step R to right side turning ¼ to right 右足於左足前交叉踏, 左足後踏, 右轉90度右足右踏
5, 6	Turn ¼ to right stepping L to left side; Half Hinge turn to the back over R shoulder stepping R to right side 右轉90度左足左踏, 右轉180度右足右踏
7&8	Step L fwd, Step R next to L, Step L fwd (9:00) 左足前踏, 右足併踏, 左足前踏(面向9點鐘)

**RESTART: After 32 counts of Wall 6 you will be facing the original starting wall. Restart the dance from the beginning after the Left Shuffle forward (count 32).
第六面牆跳至止面向前面牆, 從頭起跳

第五段	**Right Out, Out, In, In, Scuff, Hitch, Step; Left Out, Out, In, In, Scuff, Hitch, Step 大 大 小 小, 擦踢 抬 踏, 大 大 小 小, 擦踢 抬 踏**
1&2&	Step R out to right side, Step L out to left side, Step R in to center, Step L in to center 右足右踏, 左足左踏, 右足回踏, 左足併踏
3&4	Scuff R, Hitch R, Step on R next to L 右足擦踢, 右足抬, 右足併踏
5&6&	Step L out to left side, Step R out to right side, Step L in to center, Step R in to center 左足左踏, 右足右踏, 左足回踏, 右足併踏
7&8	Scuff L, Hitch L, Step on L next to L (9:00) 左足擦踢, 左足抬, 左足併踏(面向9點鐘)
第六段	**Step Side Right; Split Heels; Small Hip Rolls; Chasse to left; Quarter-turn paddles x 2** **右 踵向右 踵回, 轉臀, 左追步, 轉1/4划槳步兩次**
1&2	Step R out to right side; with weight on balls of feet, split heels out and back to center (Knees go in) 右足右踏, (重心在雙腳)雙足踵向右, 雙足踵回中心
3, 4	Roll hips in small counter-clockwise circle; repeat (weight stays on R) 逆時針轉臀兩次, 結束重心在右足
5&6	Step L to left side; Step R next to L; Step L to left side 左足左踏, 右足併踏, 左足左踏
7, 8	Keeping weight on L for both counts, paddle ¼ to left touching R foot to right side; paddle ¼ to left touching R foot to right side (3:00) (兩拍重心都在左足划槳步) 左轉90度右足右點, 左轉90度右足右點(面向3點鐘)
