

## Line Dances

Farmer's Tan (Ladies Love Country Boys) Trace Atkins

Grapevine right

Grapevine left

Back right-left-right-heel-slap left foot

Step with left and rock forward, rock back, rock forward,  $\frac{1}{4}$  turn left

Mountain Music (Mountain Music) Alabama

Grapevine right, Grapevine left

Back R-L-R-L, step forward with right and bring left together

Click heels together 2 times and YEE-HAW

R Heel 2x's forward, 2x's back

R forward once, backward once, to the side once, then bring the right leg up and around the front,

Turning  $\frac{1}{4}$  to the left.

Cowboy Boogie (Whose Bed Have Your Boots Been Under?) Shania Twain

Grapevine right

Grapevine left

Forward shuffle R, Forward shuffle L

Back right-left-right- heel slap left foot

Forward left, touch right

Back right, touch left

Step with left and rock forward, rock back, rock forward, and  $\frac{1}{4}$  turn left

Achy Breaky (Achy Breaky) Billy Ray Cyrus

Grapevine right

Grapevine left

2 hips R, 2 hips L, then R,L,R,L

2 Heels forward, 2 back, 1 front, 1 side, 1 back, pivot turn on left foot

Back right-left-right- hitch

Front left right left together

Boot Scoot Boogie (Boot Scoot Boogie) Brooks and Dunn

R heel 2x's forward  
L heel 2x's forward  
R heel forward, R toe behind, R touch side, R heel slap w/ left hand  
Grapevine R w/ L scuff  
Grapevine L w/ R scuff  
Step forward R-L-R then hitch left and pivot to the right  
Back L-R-L Stomp R  
R heel on ground turn toe out-back-out (fan)

Cotton Eyed Joe (Cotton Eyed Joe) Drews famous 30 Greatest Party Dance Songs

R Heel 2x's forward  
R Heel 2x's back  
R side tap, heel slap front (right foot)  
R side tap, heel slap back (right foot)

Grapevine right  
Spin (lasso while spinning) 450 degrees to go 90 degrees to the left (next wall)  
Brush down right 2x's, Brush down left 2x's  
Lasso right 2x's, Lasso left 2x's

Roll Hands (4 count)  
Box step (4 count)

Saddle Up and Ride (Save a Horse...) Big & Rich

R Heel stomp forward, back, forward, back (4 count)  
Heel tap R/L (4 count)  
R Heel stomp forward, back, forward, back (4 count)

Walk forward 2 steps, Hop forward 2 hops  
Walk back 4 steps  
R Heel Stomp forward, back, turn 90 degrees Heel Stomp forward, back  
Repeat starting at Heeltap

The Electric Slide (Electric Slide) Grandmaster Slice

R 3 Hops/Slides –clap  
L 3 Hops/Slides – clap  
  
Back R, L, R lean back/tap L  
Lean Forward for 5<sup>th</sup> & 6<sup>th</sup> counts  
Lean Back for 7<sup>th</sup> count  
Turn ¼ L and scuff for 8<sup>th</sup> count

The Hitchhiker (Get down tonight) KC and the Sunshine Band:

2 thumbs R, 2 thumbs L  
Wax on R, Wax on L  
With hands traveling signal step R 12, L 34, R 56, L 78 .  
Macarena move R hand on left hip (front), L hand on right hip (front)  
R hand on lower right back, L hand on lower left back  
1 thumb R, 1 thumb L  
¼ turn L \*clap\*

Bus Stop (Staying Alive) Bee Gees

Back right-left-right-tap  
Forward left-right-left-together  
Sidestep right twice  
Sidestep left twice  
Sidestep right-tap with left foot  
Sidestep left-stomp with right foot  
Sidestep –slide right-together  
2 clicks with heels  
2 taps right foot forward, 2 taps backward  
1 forward, 1 backward, slide-step as turning ¼ left

Cupid Shuffle (Cupid Shuffle) Cupid

Side step to the right (8 counts)  
Side step to the left (8 counts)  
Heeltap right, together, Heeltap left together, (8 counts)  
Walk it out, while ¼ turning left. (8 counts)  
(To walk it out, put your weight on the balls of your feet  
Rotate knees right (counter clockwise) Left (clockwise), while  
Shifting feet 12 degrees each step

The Hustle (The Hustle) Van McCoy

2 step touches L  
R tap forward, tap back  
R step forward ¼ turn R tap L  
Cross step with L foot tap out with R  
Cross step back with R foot  
Step back with L apart with R  
Bring L to R then sidestep with R

## SOPHOMORE DANCE

### HISTORY

Dance has existed in every age and culture since the beginning of time. It has been used for many different reasons throughout the years. Primitive people feared sickness, death, hunger, storms, etc. They used dance as rituals or ceremonies to please the “powers” that controlled their lives. Dance was also used to mimic the animals, birds, and nature of the time period. Some dance forms are still used today, such as circles, chains, and processions. Many forms were created from watching the movements of bird and animal groups. The Closed Circle is considered the most ancient of all forms of dance. It is believed to have originated from the imitation of the sun’s rotation. As time went on, this form progressed into the Double Circle with men on the inner circle and women on the outer. The Chain occurs when the Closed Circle is broken. The Processional consisted of single or double lines of dancers. It is thought to have originated from a tribal custom to clean the community after a hard winter and to ensure good weather. These forms of dance still exist in today’s culture.

<b>Line Dance</b>	<b>Song</b>	<b>Artist</b>
Farmer’s Tan	Ladies Love Country Boys	Trace Atkins
Mountain Music	Mountain Man	Alabama
Cowboy Boogie	Who’s Bed Have Your boots Been Under	Shania Twain
Achy Breaky	Achy Breaky	Billy Ray Cyrus
Boot Scoot Boogie	Boot Scoot Boogie	Brooks & Dunn
Cotton Eyed Joe	Cotton Eyed Joe	Rednex
Saddle up and Ride	Save a horse...	Big & Rich
Electric Slide	Electric Slide	Grandmaster Slice
Hitchhiker	Get Down Tonight	KC & The Sunshine Band
Bus Stop	Staying Alive	Bee Gees
Cupid Shuffle	Cupid Shuffle	Cupid
Hustle	Hustle/The Way You Move	Van McCoy/Outkast
The Cha-Cha Slide	The Cha-Cha Slide	Casper

### SKILLS

- Step: even transfer of weight from one foot to the other
- Tap: moving one foot in any direction without transferring weight from the other foot
- Hop: transfer of weight from one foot to the other
- Slide: uneven transfer of weight to the right or left; step to one side on either foot and quickly drag the other foot to meet it
- Shuffle: easy, light transfer from one foot to the other; weight on ball of foot
- Hitch: lifting one knee up to stomach while weight is on ball of other foot
- Slap: touching one foot with opposite hand
- Grapevine: step right to side, step left behind left, step right to side, bring left to meet right.
- Side step: step to the left with the left foot; close the right foot to the left
- Pivot: turn clockwise or counterclockwise on the balls of the feet
- Rock: a short step forward or backward where the body weight shifts forward and backward over the foot
- Scuff: forward brush of the heel