

# POUR ME ONE

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**Count:** 64

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Holly Ruschman

**Music:** Pour Me by Trick Pony

**Start dance after 4th "pour me"**

## TOE HEEL CROSS CLAP

- 1-2** Bring right toe to left instep bring right heel to left instep
- 3-4** Cross right over left hold & clap
- 5-8** Repeat on left

## ½ TURN CHASE STEPS

- 9-10** Step forward on right & turn ½ left, step left in place
- 11-12** Step forward on right, hold 1 count
- 13-14** Step forward on left & turn ½ right, step in place on right
- 15-16** Step forward on left hold 1 count

## GRAPEVINE JUMPING JACKS

- 17-20** Step to right, step left behind, step to right, step left next to right
- 21-22** Jump both feet apart, jump and cross left over right
- 23-24** Jump both feet apart, jump left foot forward diagonally, right foot behind

## FORWARD HOP STEPS

- 25-32** Step forward on ball of left foot & bring right foot up behind left heel, repeat 3 more times ending with right touch

## FULL TURN BACKWARDS VINE TURNING LEFT

- 33-34** Step back on right foot and clap
- 35-36** Step forward on left and clap completing ½ turn
- 37-38** Step forward on right foot and clap
- 39-40** Step on left completing 2nd ½ of full turn and clap

## HIP BUMPS AND HOLD

**41-43** Step forward with right foot and bump hips forward, back, forward

**44** Hold 1 count

**45-47** Bump hips back, forward, back

**48** Hold 1 count

### **ROCK AND STEP HOLD RIGHT & LEFT**

**49-52** Rock to right on right, step left in place, step right next to left, hold and clap

**53-56** Rock to left on left, step right in place, step left next to right, hold and clap

### **½ PADDLE TURN LEFT (8 COUNTS)**

**57-64** Step right foot forward and sway back and forth to left foot for an 8 count ½ turn left

### **REPEAT**