

Between The Buns (P)

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Count: 32

Wall: —

Level: Beginner Plus Partner

Choreographer: Greg Van Zilen [8/13/2014]

Music: "Headin' West" by Dan Seals

Step description by Outta Line Country Dance Instruction

Alt. music: Hot Dog by Led Zeppelin

Intro: Start dance after first 16 beats of music - Partner Dance / Mirror Footwork

Starting Position: Single hand-hold, Man's right to Ladies left

Note: Steps listed are for Man; Lady starts with left foot and mirrors Man

Kick-ball-change (2x), step, ½ turn, step, ½ turn

- 1&2** Kick right foot forward, step on ball of right foot, step left foot in place.
- 3&4** Kick right foot forward, step on ball of right foot, step left foot in place.
- 5,6** Step right foot forward; ½ turn left weighting left foot.
- 7,8** Step right foot forward; ½ turn left weighting left foot.

Release hands on count 4.

Lindy

- 9&10** Step right foot to side, step left foot next to right, step right foot to side.
- 11,12** Step left foot back; replace weight onto right foot.
- 13&14** Step left foot to side, step right foot next to left, step left foot to side.
- 15,16** Step right foot back; replace weight onto left foot.

Briefly pick up then release new inside hands on counts 13-14; rejoin original hands on count 16.

Lady will pass in front of Man both times.

Shuffle forward

- 17&18** Step right foot forward, step left foot next to right, step right foot forward.
- 19&20** Step left foot forward, step right foot next to left, step left foot forward.

21&22 Step right foot forward, step left foot next to right, step right foot forward.

23&24 Step left foot forward, step right foot next to left, step left foot forward.

#1st shuffle turning slightly away from partner; 2nd toward partner and touching forward hands.

Repeat for shuffles 3 and 4.

Stomp, stomp, hip bumps

25,26 Stomp right foot forward; stomp left foot slightly apart from right.

27&28 Bump hips right, center, right.

29&30 Bump hips left, center, left.

31,32 Bump hips right, left.

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