

# THE CHARLIE HORSE

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**Count:** 40      **Wall:** 4      **Level:** —

**Choreographer:** Holly Susan (Boots) & David Groeschel

**Music:** I Still Wanna Jump Your Bones by Archer Park

## TOE POINTS

- 1-2      Fan both toes inward
- 3-4      Fan both toes outward (up on heels)
- 5-6      Point right toe in toward left
- 7-8      Point left toe in toward right

## DWIGHT SWIVELS

- 1      Point right toe over in front of left foot
- 2      Point right toe to the right side
- 3      Repeat 1
- 4      Repeat 2 (put weight on right foot)
- 5      Point left toe over in front of right foot
- 6      Point left toe to the left side
- 7      Repeat 5
- 8      Repeat 6 (put weight on left foot)

**VARIATION: Swivel heels Right, then toes Right, heels, toes. Repeat back left (4 counts)**

## KNEE UPS

- 1      Step forward on right foot
- 2      Bring left knee up
- 3      Step back on left foot
- 4      Step back on right foot
- 5      Step forward on left foot
- 6      Bring right knee up
- 7      Step back on right foot
- 8      Step back on left foot

## HIP BUMPS

- 1-2 Bump hips to the right 2 times
- 3-4 Bump hips to the left 2 times
- 5-6 Roll hips in a circle (2 counts)
- 7-8 Roll hips in a circle (2 counts)

**VARIATION: Roll Right leg outward (2 counts), Roll Left leg outward (2 counts), Roll Right leg outward (1 count), Roll Left leg outward (1 count), then with both feet hop forward 4 times quickly (2 counts)**

## KICK & "CHARLIE HORSE"

- 1 Kick right foot forward (low)
- 2 Cross right over left foot (foot to now "locked" next to left, weight is on right)
- 3 Rock both feet weight shifts to left (feet locked)
- 4 Rock both feet weight shifts to right foot (feet locked)
- 5 Tap left heel to the left side
- 6 Kick right foot upward as you  $\frac{1}{4}$  turn right
- 7 Stop forward on left foot (facing new wall)
- 8 Stomp right next to left

## REPEAT