

BODY BASICS

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Count: 60

Wall: 2

Level: intermediate/advanced

Choreographer: Le Dokken

Music: Hang 'Em High by The Reggae Cowboys

FRONT CROSSING VINES, HEEL STOMPS

- 1 Step to the right on right foot
- 2 Cross left foot over right and step
- 3 Step to the right on right foot
- 4 Stomp left heel forward and diagonally to the left while snapping wrists
- 5 Step to the left on left foot
- 6 Cross right foot over left and step
- 7 Step to the left on left foot
- 8 Stomp right heel forward and diagonally to the right while snapping wrists

HEEL STOMPS

- 9-12 Stomp right heel forward while thrusting crooked right arm forward and snapping fingers
- 13-16 Stomp left heel forward while thrusting crooked left arm forward and snapping fingers

TURNING HIP THRUSTS

- 17 Step forward on right foot making a 1/8 turn to the left while thrusting right hips forward
- 18 Rock back onto left foot while thrusting left hips back
- 19 Step right foot next to left
- 20 Step left foot next to right
- 21-24 Repeat beats 17-20
- 25-28 Repeat beats 17-20
- 29-32 Repeat beats 17-20

LUNGES BACK

- 33 Lunge back on right foot while thrusting both arms forward
- 34 Step left foot next to right while placing both hands on knees
- 35 Lunge back on left foot while thrusting both arms forward

36 Step right foot next to left while placing hands on both knees

37-40 Repeat beats 33-36

SWAY STEPS WITH CROUCHES

41 Step to the right on right foot bending knees into a deep crouch position

42 Sway back onto the left foot in the crouch position

43 Sway forward onto right foot in the crouch position while bringing arms into a "hold" position on chest

44 Sway back onto left foot while straightening up

ARM MOVEMENTS

45 With feet in place, thrust arms up overhead

46 Place right wrist over left with palms facing outward

47 Twist wrists so that palms face inward

48 Twist wrists so that palms face outward

49 Bring right arm down to the right

50 Look down at right arm

51 Bring left arm down to the left

52 Look down at left arm

53 Place arms forward with wrists together

54 Twist wrists over each other while bringing arms back to chest (in crossed position)

55 Lean forward slightly while spreading arms to sides

56 Hold

57 Step forward on right foot with right shoulder dipped down and arms/elbows extended in front and fists at waist level

58 Step left foot next to right while nodding head to the right

59-60 Repeat beats 57-58

REPEAT