

HOEDOWN THROWDOWN

Int+-Hip Hop/Country

By Miley Cyrus (From The Hannah Montana Movie)

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(This is for my sweet Granddaughter Hannah who LOVED the movie and wanted to learn the dance!!)

Sequence: Intro-A-Chorus-B
Break-Chorus-B-A
Chorus-B-B-Ending

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INTRO:

3 Step Claps Step Forward Lt Foot & Clap, Step Forward Rt & Clap Twice
(Do this 2 more times moving forward)
Roll Back Roll Back 360 left with 4 Stomps
Let's Get Fancy 2 Fancy Triples and a Fancy Double - left foot lead
DTS DTS(xif) DTS RS DTS DTS(xif) DTS RS
DTS DTS RS RS

PART A:

Rocking Chair DTS Brush/Up DSRS (1/4 Left)
L
2 Basics DSRS DSRS (1/4 Left)

REPEAT ALL OF ABOVE

CHORUS:

Pop It Extend left arm out in front with a fist
Lock It Drop to right foot, left heel off the floor, arms in the hunk position (hunched over)
Polka Dot It Shuffle left (l,r,l) - right hand in air with index finger pointed
Countrify It Heel step right foot, heel step left foot
Hip Hop It Kick and step with right foot while arms are punched out and crossed over, then
bring them back and hunched over (count is 1&2)
Hawk In The Sky Step to face front on right foot, then kick left foot - while doing this your arms will
be folded in front like an Indian and then pop them up and down
Side to Side Move folded arms to the left and then to the right
Jump To The Left Angle right - skuff left foot, then step on left foot and then turn your body left while
stepping right foot in front of left - you should now be facing sorta left
Stick It Stick left foot home
Glide Step back on left foot, sliding right foot back to left and pushing right hand out in front
Zig Zag Touch Touch rt foot xif, touch rt foot ots and then kick right foot behind you and touch with left hand
Across The Floor Shuffle moving right (r,l,r)
ShuffleBackDiagonal 2 Shuffles angling left and then right (l,r,l and r,l,r) - arms are moving up,down,up on both
Hit The Drums Skuff left foot & punch in air with right hand, skuff right foot & punch in air with left hand,
(the skuff and punch are at the same time), then jump forward right,left and put hands on hips
180 Twist Turn 180 to the right, stepping on right foot, then left foot with hands on hips - hop 3 X's
on left foot (right foot in air) turning left and put arms down
Zig Zag Touch Touch right foot xif, then ots and then kick right foot behind you and touch with left hand
Lean It Left Lean forward on right foot and then lean back on left foot sliding right foot back, punch
hands in the air left, right, left and on the last left one throw head and body back
Clap 3 Times Weight should be on right foot. lean over and clap 3 times as you come up
Shake It Out Walk 4 steps turning 360 left starting with left foot and shake it out
ThrowItAllTogether Step forward left foot, touch right foot
That's How We Roll Step back right foot, touch left foot (just like in Electric Slide)'

PART B:

CottonEyed Joe Kick (xif) Kick (ots) DSRS - repeat with right foot
Over The Log Jump Forward (left,right) and Clap, Jump Back (left,right) and Clap
ThrowItAllTogether Step forward left foot, touch right foot
That's How We Roll Step back right foot, touch left foot (just like in Electric Slide)'

BREAK:

Jazz Box

Step Step(xif) Step Step

Chain Left & Right

DTS RS RS RS (left)

DTS RS RS RS (right)

4 Basics

DSRS DSRS DSRS DSRS (360 Left)

CHORUS:

Pop It, Lock It...

PART B:

Cotton Eyed Joe....

PART A:

Rocking Chair...

CHORUS:

Pop It, Lock It...

PART B:

Cotton Eyed Joe....

PART B:

Cotton Eyed Joe....

ENDING:

3 Step Claps

Step Forward Lt Foot & Clap, Step Forward Rt & Clap Twice
(Do this 2 more times moving forward)

Roll Back

Roll Back 360 left with 4 Stomps
Punch Right Hand Out in Front