

Bud Slide

BEGINNER

40 Count

Choreographed by: Vickie Schermbeck

Choreographed to: Get Into

Reggae Cowboy by The Bellamy Brothers

STEP SLIDES

- 1 - 2 Step forward on right foot, slide left foot next to right
3 - 4 Step forward on right foot, touch left foot next to right
5 - 6 Step forward on left foot, slide right foot next to right
7 - 8 Step forward on left foot, touch right foot next to right

STEP BACK 4 STEPS, ROLLING GRAPEVINE TO THE LEFT

- 9 - 12 Step back on right, step back on left, step back on right, touch left next to right
13 - 16 Step left on left turning to the left, step on right continuing to turn to the left, step on left completing the turn, touch right foot

/You will have completed a full turn. Now facing original wall**KICK BALL CHANGES (2), STEPPING TURN TO THE LEFT**

- 17 & 18 Kick right foot forward slightly, put weight on ball of right foot, change weight to left
19 & 20 Repeat 17&18
21 - 22 Step forward on right turning 1/8 to the left
23 - 24 Step forward on right turning 1/8 to the left

/You will have made a 1/4 turn to the left**KICK BALL CHANGES (2). ROCK STEP, TRIPLE WITH 1/2 TURN**

- 25 & 26 Kick right foot forward slightly ; change weight to ball of right foot; change weight to left
27 & 28 Repeat 25&26
29 - 30 Rock forward on right foot, recover weight to left
31 & 32 Turning to the right for 1/2 turn: step right, left, right

ROCK STEPS, TRIPLE STEP WITH 1/2 TURN, BUMPS

- 33 - 34 Rock forward on left foot, recover weight to right
35 & 36 Turning to the left for 1/2 turn: stepping left, right, left
37 - 38 Stepping forward slightly on right foot, bump twice to the right
39 - 40 Bump twice to the left

REPEAT