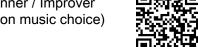
Country Time



Count: 32 Wand: 2 Ebene: Contra Beginner / Improver

(depending on music choice)



Choreograf/in: Flo Moresteps (FR) - January 2016

Musik: Countrified Soul - Emerson Drive : (Album: Countrified)

Notes: 4 Tags and Bridges

Suggestion of alternate musics (32 count – no tag) Cripple Creek (Jim Rast & Keep Sweeny) - 131BPM Mama don't allow (The Jive Aces) - 147BPM Cotton Eyed Joe (Rednex) - 132 BPM

Section 1: Side Rock R, Cross Shuffle, Side Rock L, Cross Shuffle

1-2 Rock R to right, Recover on LF

3&4 Cross RF in front of LF, Ball of LF next to RF, Cross RF in front of LF

5-6 Rock L to left, Recover on RF

7&8 Cross LF in front of RF, Ball of RF next to LF, Cross LF in front of RF

Section 2: Gallop turn, Toe-Touch-Toe, Coaster Step

1&2&3&4 Gallop turn to right in a little circle for 4 counts: RF, Ball of LF next to RF, RF, Ball of LF next

to RF, RF, Ball of LF next to RF, RF

Touch left Toes to left side, Touch left toes next to RF, Touch left toes to left side 5&6

7&8 LF back, RF next to LF, LF forward

Section 3: Shuffle Fwd, Rock Fwd (contra: + Clap), Shuffle Bkwd, Coaster Step

1&2 Shuffle R forward

3-4 Rock LF forward (contra: Clap facing line hands), Recover on RF

5&6 Shuffle L backward

RF back, LF next to RF, RF forward 7&8

Section 4: 1/4 turn R, Double L side shuffle, Jazz box 1/4 R

& 1/4 turn to R

1&2&3&4 Side shuffle for counts (LF to left, Ball of RF next to LF, repeat 4 times)

5-6-7-8 Cross RF in front of LF, LF back, ¼ to right stepping RF forward, LF next to RF

Breath in, Look straight ahead, Smile!

Details for « Countrified Soul » music

Intro: Start with lyrics (32 counts on cut music)

Sequence: 32, 32, TAG+BRIDGE, 32, 32, TAG+BRIDGE, 32, 32, TAG+TAG2, 32, TAG, 32

First 3 tags when returning to starting wall, last one on opposite wall.

TAG:

1-2 Slap hands on outside of thighs to back, then front

3-4 Clap hands twice (contra: clap hands of persons to left and right sides)

TAG2:

1-2 Clap hands twice (contra: clap hands of persons to left and right sides)

BRIDGE:

Section 1: Side Rock R, Kick, Kick, Side Rock, Kick-and-Toe

Rock RF to right, Recover on LF 1-2

3-4 Kick RF, Kick RF 5-6 Rock RF to right, Recover on LF

7&8 Kick RF, RF next to LF, Touch LF next to RF

Section 2 : Side Rock L, Kick, Kick, Side Rock, Kick-and-Toe

1-2 Rock LF to left, Recover on RF

3-4 Kick LF, Kick LF

5-6 Rock LF to left, Recover on RF

7&8 Kick LF, LF next to RF, Touch RF next to LF

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