

Sow'n Oats

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Peter Fry (AUS)

Musik: Cotton Pickin' Time - Blake Shelton



- &1&
2&3
&4
&5&6-7-8
1&2-3&
4-5-6
7-8
&1-2-3
4-5-6
7-8
&1-2-3-4
5-6-7
&8
&1&2&3
&4
Restart from here on walls 2 and 4
&5&
6&7&8
&1-2-3
4-5-6
7&8
&1&2
&3&4
&5&6
7-8
&1&2&
- Step right to right side and tilt head to right, step left in place and tilt head to left tilt head right
Tilt head left, shimmy right shoulder back & left shoulder forward, shimmy left shoulder back & right shoulder forward
Shimmy right shoulder back & left shoulder forward, shimmy left shoulder back & right forward
Bounce right hip up, down, up, down, kick right to right side, kick right to right side
Step right behind left, step left to left side, step right in place, step left behind right, step right to right side
Step left in place, step right behind left, make ¼ turn left & step left forward
Step right forward making a full turn left on ball of right foot, step left forward
Step right to right side, step left in place, kick right across in front of left, make ¼ turn right & touch right toe forward
Drop heel & take weight onto right foot, step left forward, pivot ½ turn right
Step left forward, touch right beside left
Replace weight onto right, step left forward, step right to right side, replace weight onto left, step right behind left
Touch left to left side, make ¼ turn left & hook left heel in front of right shin, step left forward
Lock right behind left, step left forward
Scoot back on left, step right forward, scoot back on right, step left forward, scoot back on left, step right forward
Scoot back on right, step left forward
Restart from here on walls 2 and 4
Hitch right knee, step right forward to right 45, lock left behind right
Step right forward to right 45, hitch left knee, step left forward to left 45, lock right behind left, step left forward to left 45
Step right beside left, step left forward, replace weight back onto right, make ¼ turn left & step left to left side
Cross right over in front of left, make ¼ turn right & step left back, make ½ turn right & step right forward
Make ¼ turn right & step left to left side, step right together, make ¼ turn right & step left back
Step right back to right 45, touch left heel forward to left 45, replace weight back onto left, step right beside left
Step left back to left 45, touch right heel forward to right 45, step forward on right, touch left beside right
Step left to left side, step right to right side, step left beside right, cross right over in front of left
Unwind ½ turn left (end with weight on right foot), clap hands together
Scoot back on right, touch left toe back, scoot back on right, touch left heel forward, scoot back on right

3&4&5 Step left back, step right together, step left back, scoot back on left, touch right toe back
&6&7-8 Scoot back on left, touch right heel forward, scoot back on left, step right back, step left together

REPEAT

RESTART

On walls 2 & 4 dance the first 36 counts and restart dance
