

A Country Mile

Count: 64

Wand: 4

Ebene:

Choreograf/in: Lorraine Deering (AUS)

Musik: Walk A Country Mile - Craig Giles



This dance differs only slightly from "Honey, You're My Hero" by Linda Pink

VINE RIGHT & TOGETHER, TWIST, CENTER, TWIST, CENTER

- 1-2 Vine: step right to the side, step left behind right
- 3-4 Step right to the side, step left together
- 5-6 Twist both heels to the right, twist both heels to the center
- 7-8 Twist both heels to the right, twist both heels to the center

VINE LEFT & TOGETHER, TWIST, CENTER, TWIST, CENTER

- 1-2 Vine: step left to the side, step right behind left
- 3-4 Step left to the side, step right together
- 5-6 Twist both heels to the left, twist both heels to the center
- 7-8 Twist both heels to the left, twist both heels to the center

BACK, CLAP, BACK, CLAP, BACK, CLAP, BACK, CLAP

- 1-2 Step right back, clap
- 3-4 Step left back, clap
- 5-6 Step right back, clap
- 7-8 Step left back, clap

FORWARD, LOCK, FORWARD, SCUFF, FORWARD, LOCK, FORWARD, SCUFF

- 1-2 Step right forward, lock left behind right
- 3-4 Step right forward, scuff left forward
- 5-6 Step left forward, lock right behind left
- 7-8 Step left forward, scuff right forward

FORWARD, HOLD, ½ TURN, HOLD, FORWARD, LOCK, FORWARD, SCUFF

- 1-2 Step right forward, hold
- 3-4 Turn ½ turn left take weight onto left, hold
- 5-6 Step right forward, lock left behind right
- 7-8 Step right forward, scuff left forward

FORWARD, LOCK, FORWARD, SCUFF, FORWARD, HOLD, ½ TURN, HOLD

- 1-2 Step left forward, lock right behind left
- 3-4 Step left forward, scuff right forward
- 5-6 Step right forward, hold
- 7-8 Turn ½ turn left take weight onto left, hold

VINE RIGHT ½ TURN & HITCH, VINE LEFT & TOUCH

- 1-2 Step right to the side, step left behind right
- 3-4 Turn ¼ turn right step right forward, turn ¼ turn right hitch left
- 5-6 Step left to the side, step right behind left
- 7-8 Step left to the side, touch right together

VINE RIGHT ¼ TURN HITCH, FORWARD, LOCK, FORWARD, TOUCH

- 1-2 Step right to the side, step left behind right
- 3-4 Turn ¼ turn right step right forward, hitch left knee

5-6 Step left forward, lock right behind left
7-8 Step left forward, touch right together

REPEAT
