

# C.B.F.

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Pat Esper (USA) - March 2013

**Musique:** Country Boy Fresh - The Lacs



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## **Cross rock, Recover, Side triple, Cross rock, Recover, Side triple turn**

- 1-2 . Rock the left foot over the right. Recover onto the right foot.
- 3&4 . Step the left foot to the side, Step the right foot next to the left, Step the left foot to the side.
- 5-6 . Rock the right foot over the left. Recover onto the left foot.
- 7&8 . Step the right foot to the side, Step the left foot next to the right, Turn a quarter turn to the right while stepping forward on the right foot.

## **Forward, Touch, Forward, Touch, Back, Touch, Back, Together**

- 9-10 . Step forward at an angle on the left foot. Touch the right foot next to the left.
- 11-12 . Step forward at an angle on the right foot. Touch the left foot next to the right.
- 13-14 . Step back at an angle on the left foot. Touch the right foot next to the left.
- 15-16 . Step back at an angle on the right foot. Step the left foot next to the right. (even the weight)

## **Toes out, Heels out, Heels in, Toes in, Repeat**

- 17-18 . Turn toes of both feet out. Turn both heels out.
- 19-20 . Bring both heels in. Bring toes of both feet in.
- 21-22 . Turn toes of both feet out. Turn both heels out.
- 23-24 . Bring both heels in. Bring toes of both feet in.

## **Brush off thighs, Brush left shoulder off, Brush right shoulder off, Pop shirt**

- 25-26 . Brush off both thighs with hands. Repeat.
- 27-28 . With back of right hand brush off left shoulder. Repeat.
- 29-30 . With back of left hand brush off right shoulder. Repeat.
- 31-32 . With thumbs and index fingers pinch the front off the shirt about upper pectoral high. Pull out and release shirt.

## **Start dance again**

**Contact:** [ptesper@gmail.com](mailto:ptesper@gmail.com) on Facebook at The Redneck Revolution (of music and dance with Pat Esper)

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