

Country Girl

拍数: 48 墙数: 2 级数: Improver
编舞者: Jeff Thomas (UK) - January 2015
音乐: I Just Wanna Be a Country Girl - Lisa McCrory : (Single)



Section 1: TOE STRUTS, MONTEREY, STOMP

1 - 2 step right toe forward then step right heel down
3 - 4 step left toe forward then step left heel down
5 - 6 point right toe to right side then turning 1/4 right step right foot next to left
7 - 8 stamp left foot down then stamp right foot down

Section 2: TOE STRUTS, JAZZ BOX, 1/4, SCUFF

1 - 2 step left toe forward then step left heel down
3 - 4 step right toe forward then step right heel down
5 - 6 cross left over right step right slightly back
7 - 8 turning 1/4 left step left to left side then scuff right forward

Section 3: SHUFFLE, MAMBO, SHUFFLE BACK, SAILOR TURN

1 & 2 step right foot forward left together right forward
3 & 4 rock left forward recover then step left foot back
5 & 6 step right foot back left together right back
7 & 8 sweep left foot 1/4 turn left and step left behind right together then left slightly forward

Section 4: RHUMBA BOX

1 - 2 step right to right then left together
3 - 4 step right forward touch left against right
5 - 6 step left to left then step right against left
7 - 8 step left back then touch right against left

Section 5: WEAVE AND CROSS

1 - 2 step right to right side then left behind
3 - 4 step right to right side then cross left over right
5 - 6 step right to right side then recover
7 - 8 cross right over left & hold

Section 6: HEEL, POINT, SCUFF, TURN, STOMP

1 - 2 dig left heel in then step left against right
3 - 4 point right toe just behind left foot then scuff right
5 - 6 step right foot forward and pivot 1/4 turn left
7 - 8 stamp right foot down then stamp left foot down

Contact: j3ffthomas@yahoo.co.uk