

Country Time

COPPER KNOB
BY SHEETS

拍数: 32

墙数: 2

级数: Contra Beginner / Improver
(depending on music choice)



编舞者: Flo Moresteps (FR) - January 2016

音乐: 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
5&6 Touch left Toes to left side, Touch left toes next to RF, Touch left toes to left side
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
7&8 RF back, LF next to RF, RF forward

Section 4: ¼ turn R, Double L side shuffle, Jazz box ¼ R

& ¼ 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

1-2 Rock RF to right, Recover on LF
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