

Bale O' Cotton

COPPER KNOB
STEPSHETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Johan Bouillon (SA) - April 2016
音乐: Pick a Bale of Cotton - Lonnie Donegan



Intro: 32 counts from beginning of the track □□

No Restarts or Tags- Choreographed for Boogie on the Beach 2016 Saldanha Bay, Western Cape □

S1: □SIDE TOGETHER FWD, ½ TURN SHUFFLE

1,2,3,4 Step LF to L, Close RF to LF, Step fwd on LF, Hold (count 4)
5,6,7,8 Make a ¼ turn L stepping RF fwd, Make a ¼ turn L closing LF next to RF, Step RF back, Hold

S2: □BACK ROCK, SIDE STEP, WEAWE TO L,

1,2,3,4 Rock LF back, Recover weight to RF, Step LF to L, Hold
5,6,7,8 Cross RF behind LF, Step LF to L, Cross RF in front to LF, Step LF to L

S3: □STEP HITCH, STEP SLAP X 2,

1,2,3,4 Step Rf to L diag, Slap LF behind with R hand, Make ½ turn L step fwd on LF while hitch R,
5,6,7,8 Step Rf to L diag, Slap LF behind with R hand, Make ½ turn L step fwd on LF while hitch R,

S4: □CROSS ROCK SIDE STEP X 2

1,2,3,4 Cross rock RF over LF, Recover weight to L, Step RF to R, Hold
5,6,7,8 Cross rock LF over RF, Recover weight to R, Step LF to L, Hold

S5: □CROSS TOE STRUTT X 2, CROSS BACK SIDE

1,2,3,4 Step RF across LF on toe, Drop down heel, Step LF to L on toe, Drop down heel
5,6,7,8 Cross RF over LF. Step LF Back, Step RF to R, Hold

S6: □CROSS TOE STRUTT X 2, CROSS BACK SIDE

1,2,3,4 Step LF across RF on toe, Drop down heel, Step RF to L on toe, Drop down heel
5,6,7,8 Cross LF over RF. Step RF Back, Step LF to L, Hold

S7: □R SHUFFLE FWD, STEP TURN STEP

1,2,3,4 Step RF fwd, Close LF to RF, Step RF fwd, Hold
5,6,7,8 Step fwd on L, Make a ½ turn R transfer weight to R, Step fwd on L, Hold

S8: □FULL PIVOT TURN, STEP TURN STEP

1,2,3,4 Make a ½ turn L while step back on RF, Hold, Make a ½ turn L while step fwd on LF, Hold
5,6,7,8 Step fwd on RF, Turn ½ turn L, Step fwd on LF, Hold

Begin again

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