

Just For My Country Girls

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Julian Van Gouthen (FR) - September 2016
音乐: Just a Girl - Lady A



I: SWIVETS, WALK FORWARD, FULL TURN, ROCKING CHAIR

- 1& Swivel left heel to the left and right toe to the right, return to center
- 2& Swivel left toe to the left and right heel to the right, return to center
- 3-4 Right step forward, left step forward
- 5-6 Make ½ turn left stepping right foot behind ,then ½ turn left stepping left foot forward.
- 7& (jumping) right cross rock in front of left , lifting left heel, replace weight on left.
- 8& (jumping) right rock step back, low kick forward left and replace weight on left.

II: ROCKING CHAIR, STEP ½ TURN, ROCKING CHAIR, STOMPS

- 1& (jumping) right cross rock in front of left lifting left heel, and replace weight on left.
- 2& (jumping) right rock step back, low kick forward left foot and replace weight on left.
- 3-4 Step right forward pivot ½ turn to left
- 5& (jumping) right cross rock in front of left lifting left heel, and replace weight on left.
- 6& (jumping) right rock step back, low kick forward left foot and replace weight on left.
- 7-8 Stomp right foot forward, stomp left foot forward.

RESTART □During the 3rd wall, dance up to here and restart.

III: HEEL SWITCHES, TOE TOUCHES, ROLLING VINE, SCUFF, HEELS OUT-OUT, IN IN

- 1&2& Touch right heel forward and step right beside left, touch left heel forward and step left beside right
- 3& Touch right toe beside left foot (right knee turned towards left knee), and replace right foot next to left
- 4 Touch left toe beside right foot (left knee turned toward right knee)
- 5&6& Make ¼ turn to left stepping left, ½ turn to left stepping right, ¼ turn to left stepping left, scuff right
- 7& Step diagonally forward on right heel, step diagonally forward on left heel.
- 8& Step right foot back to center, step left foot back to center.

IV: HEEL GRIND ¼ TURN RIGHT, ROCK STEP, STOMP, CROSS, UNWIND 1/2 TURN, STOMPS

- 1-2 Right heel forward, pivot ¼ turn right on heel take weight on left
- 3&4 (jumping) right rock step back, return to left, stomp up right foot.
- 5-6 Step right behind left, unwind ½ turn to right with weight on left foot.
- 7-8 Stomp right , stomp left.

TAGS: At the end of walls 2, 5, and 9 facing 6:00 add 4 counts as follows and Restart the dance:

ROCKING CHAIR, STOMPS

- 1& (jumping) right cross rock in front of left lifting left heel, and replace weight on left.
- 2& (jumping) right rock step back, low kick forward left foot and replace weight on left.
- 3-4 Stomp right, stomp left

Contact: gayegre@neuf.fr