

Cowgirl Rockin'

COPPER **NOB**
BY STEPHEN

拍数: 48 墙数: 4 级数: Improver
编舞者: Glynn Beauchamp (NZ) & Patsy Fay (NZ) - September 2016
音乐: Cowgirl Rockin' - Alice Benfer : (Album: Cowgirl Rockin' EP)



Intro: 16 Counts

S1: MODIFIED V STEP, COASTER, STEP – LOCK – STEP, ROCK RECOVER

1 – 2 – 3 & 4 On Right Diagonal Step Forward On Right, On Left Diagonal Step Forward On Left, Step Back On Right (3), Close Left Beside Right (&), Step Forward On Right (4)
5 & 6 Step Forward On Left (5), Lock Right Behind Left (&), Step Forward On Left (6)
7 – 8 Rock Forward On Right, Recover Onto Left

S2: REVERSE STEP – LOCK – STEP, SHUFFLE ½ TURN, ¼ PIVOT, ¼ PIVOT

1 & 2 Step Back On Right (1), Cross Left Over Right (&), Step Back On Right (2)
3 & 4 Making ½ Turn Left Shuffle Forward Stepping Left (3) – Right (&) – Left (4)
5 – 6 – 7 – 8 Step Forward On Right, ¼ Pivot Left, Step Forward On Right, ¼ Pivot Left

S3: TOE STRUTS RIGHT – LEFT, ¼ PIVOT – FORWARD, TOE STRUTS LEFT – RIGHT, ¼ PIVOT – FORWARD

1 & 2 & 3 & 4 Touch Right Toe Forward (1), Drop Heel (&), Touch Left Toe Forward (2), Drop Heel (&), Step Forward On Right (3), ¼ Pivot Left (&), Step Forward On Right (4)
5 & 6 & 7 & 8 Touch Left Toe Forward (5), Drop Heel (&), Touch Right Toe Forward (6), Drop Heel (&), Step Forward On Left (7), ¼ Pivot Right (&), Step Forward On Left (8)

S4: SWAY RIGHT – LEFT – RIGHT – LEFT, JAZZ BOX ¼ TURN

1 – 2 – 3 – 4 Sway Hips Right – Left – Right – Left
5 – 6 – 7 – 8 Cross Right Over Left, Making ¼ Turn Right Step Back On Left, Step Right To Side, Close Left Beside Right (3 O'Clock)

S5: SIDE SHUFFLE, ROCK RECOVER, SIDE SHUFFLE, ROCK RECOVER

1 & 2 Side Shuffle Stepping Right (1) – Left (&) – Right (2)
3 – 4 Rock Back On Left, Recover Onto Right
5 & 6 Side Shuffle Stepping Left (5) – Right (&) – Left (6)
7 – 8 Rock Back On Right, Recover Onto Left

S6: ¼ PIVOT – FORWARD, ¼ PIVOT – FORWARD, KICK – BALL – TOUCH, KICK – BALL – TOUCH

1 & 2 Step Forward On Right (1), ¼ Paddle Left (&), Step Forward On Right (2)
3 & 4 Step Forward On Left (3), ¼ Paddle Right (&), Step Forward On Left (4)
5 & 6 Kick Right Forward (5), Close Right Beside Left (&), Touch Left Beside Right (6)
7 & 8 Kick Left Forward (7), Close Left Beside Right (&), Touch Right Beside Left (8) (3 O'Clock)

REPEAT

RESTARTS:-

On Wall 2 After 32 Counts (Facing 6 O'Clock), Wall 3 After 32 Counts (Facing 9 O'Clock), Wall 5 After 32 Counts (Facing 3 O'Clock), Wall 6 After 32 Counts (Facing 6 O'Clock) & Wall 7 After 32 Counts (Facing 9 O'Clock) There Is A Restart

NOTE: All Restarts Take Place After Jazz Box ¼ Turn

ENDING: Dance Ends On Completion Of Wall 8 (Facing 12 O'Clock)

This dance is dedicated to Debbie Paul who first heard this track on the Radio & suggested it to her Mum,

Patsy that she listen to it.

Contact: yotties49@gmail.com
