

Rocky Mountain Strut

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jenifer Wolf (CAN) - November 2016
音乐: It Takes Time - Full Circle : (Album: Kootenay Pride)



Intro: 32 counts - CW

(A) VINE RIGHT, VINE LEFT

1-2 Step right foot to right side, Cross left foot behind right foot
3-4 Step right foot to right side, Touch left foot beside right foot
5-6 Step left foot to left side, Cross right foot behind left foot
7-8 Step left foot to left side, Touch right foot beside left foot

(B) ROCK FORWARD, REPLACE, ROCK BACK, REPLACE, TOE STRUTS x2

1-2 Step right foot forward, Step left foot in place
3-4 Step right foot back, Step left foot in place
5-6 Touch right toe forward, Bring right heel down
7-8 Touch left toe forward, Bring left heel down

(C) TOUCH FORWARD, HOLD, STEP BACK, HOLD, COASTER STEP

1-2 Touch right toe forward, Hold
3-4 Step right foot beside left foot, Hold
5-6 Step left foot back, Step right foot beside left foot
7-8 Step left foot forward, Hold

(D) TOE STRUT, TURN ¼ LEFT STRUT, STEP, TOUCH, TURN 1/2 LEFT, BRUSH

1-2 Touch right toe forward, Bring right heel down
3-4 Turn ¼ left onto left toe, Bring left heel down
5-6 Step right foot forward, Touch left toe beside right foot
7-8 Turn 1/2 left onto left foot, Brush right foot beside left foot

Begin again

Alternative music for Christmas, Jingle Bell by Kerst

This dance is dedicated to Jack & Bertha, their favourite Country Artist is Brian Ferguson (Full Circle) who is a popular singer in the Kootenay area, BC, Canada

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