Countryholic

拍数: 44

级数: Intermediate

编舞者: Sarah A. Tucker (USA) - July 2017

音乐: Countryholic - Sons of the Palomino : (iTunes)

Intro: 16 counts

[1-8] TOE, HEEL, TOE, HEEL, TOE, HEEL, TOE, HEEL

- 1-2 right toe, heel forward
- 3-4 left toe, heel forward
- 5-6 right toe, heel forward
- 7-8 left toe, heel forward

[9-16] PIVOT OVER LEFT SHOULDER COMPLETING A HALF TURN

- 1-2 step RF forward and pivot 1/8 turn to left
- 3-4 step RF forward and pivot 1/8 turn to left
- 5-6 step RF forward and pivot 1/8 turn to left
- 7-8 step RF forward and pivot 1/8 turn to left

[17-24] STEP TO RIGHT SIDE AND TOUCH IN, OUT, IN (REPEAT ON L)

- 1-2 step to right and touch LF next to R
- 3-4 step LF to left and back next to R
- 5-6 step to left and touch RF next to L
- 7-8 step RF to right and back next to L

[25-32] STEP FORWARD AND BEGIN 4 QUARTER HITCHES TO THE LEFT

- 1-2 step RF forward and hitch left knee ¼ pivot to left
- 3-4 step LF forward and hitch right knee ¼ pivot to left
- 5-6 step RF forward and hitch left knee ¼ pivot to left
- 7-8 step LF forward and hitch right knee ¼ pivot to left

[33-40] STEP TO SIDE, BEHIND, SIDE, FORWARD, THEN BOX STEP

- 1-2 step RF to right side, step LF behind RF
- 3-4 step RF to right side, cross LF in front of right
- 5-6 cross RF over LF, step back on LF
- 7-8 step RF over to right, step LF next RF

[41-44] STOMP RF, LF AND SWIRL HIPS LEFT TO RIGHT

- 1-2 stomp RF, then LF
- 3-4 swirl hips left to right
- Wall 1: restart after the 4 hitches
- Wall 4: do first 16 counts of the dance and then restart
- Wall 8: dance until the box step, then restart

Wall 9: Complete the full dance but add an additional "side, behind, side in front, box step", and then finish with 4 box steps to the left

(Option: End the dance by twirling a full turn to the left, if you wish.)

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