

Bell Bottom Baby

COPPERKNOB
STEPSHEETS

拍数: 44

墙数: 4

级数: Beginner / Improver - Country Two-Step



编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - June 2018

音乐: Vw Bus - Aaron Pritchett

或: One of You - George Strait

或: any country two-step music

Note: A blend of Lead and Follow QQSS steps with alternate QQS timing transitions

Starting position: Line dance formation all facing forward with weight on RF.

BASIC FORWARD (LRLR)

1-2 Step LF forward (Q), step RF forward (Q)

3-6 Step LF forward (S), step RF beside LF with weight (S)

Tip: Shift balance back slightly at end of second slow to help change direction of motion.

BASIC BACKWARD (LRLR)

1-2 Step LF back (Q), step RF back (Q)

3-6 Step LF back (S), step RF beside LF with weight (S)

Tip: Shift balance forward slightly at end of second slow to help change direction of motion.

BASIC FORWARD WITH ½ TURN R (LRLR)

1-2 Step LF forward (Q), step RF forward (Q)

3-6 Turn ¼ R and step LF to L (S), turn ¼ R and step back on RF

Note: Counts 1-6 are same steps as change of position steps for Lead in partner two-step.

BACKWARD COASTER LRL (ALTERNATE TIMING)

1-4 Step LF back (Q), step RF beside LF with weight (Q), step LF forward (S)

Tip: Toe out slightly with LF on slow to help with balance and to prep for upcoming turning steps.

FOLLOW STEPS ½ TURN L (RLRL)

1-2 Pivot ½ turn L on ball of LF and step back on RF (Q), step LF back (Q)

3-6 Step RF back (S), step LF back (S)

Variation: Pivot ½ L on first Q, pivot ½ L on second Q, pivot ½ L on first S, and step back on S. The steps in this variation are the same as for an inside turn for Follow in partner two-step.

BACKWARD COASTER WITH RF (ALTERNATE TIMING) (RLR)

1-4 Step RF back (Q), step LF beside RF with weight (Q), step RF forward (S)

CROSSING STEPS WITH ¼ TURN L (LRLR)

1-2 Step LF ¼ turn L across RF (Q), step RF to side slightly behind track (Q)

3-6 Step LF across RF (S), step RF to R (S)

THIRD POSITION BREAK, CROSS FRONT, STEP SIDE, STEP TOGETHER (LRLR)

1-2 Step LF slightly behind heel of RF (Q), cross RF over LF (Q)

3-6 Step LF to L (S), step RF beside LF with weight (S)

REPEAT...

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