

Cornbread Fed

拍数: 64 墙数: 4 级数: High Intermediate ECS
编舞者: Carolyne SABATIER (FR) - July 2018
音乐: Cornbread Fed - Milton Patton



Count In: Start 16 counts

[1-8] Heel Grind ¼ turn R- Coaster R- Rock L Forward- Full Triple Back

1 2 Dig R heel forward (1), ¼ turn R weigh on L foot (2) 03.00
3&4 step back on R (3), L beside R (&), step R forward (4) 03.00
5 6 Rock L forward (5), recover weigh on R (6) 03.00
7&8 ½ turn L step L forward (5), ½ turn L step back on R (&), ½ turn L step L forward (6) 09.00

Restart here at the 3th repetition (facing 3:00)

[9-16] ¼ Turn L Side R Step- Touch L- Kick Ball Cross- Side Rock L- Behind Side Cross

1 2 ¼ turn L side R step (1), touch L beside R (2) 06.00
3&4 Kick L on diagonal (3), ball step on L (&), cross R over L (4), 06.00
5 6 Side L rock (5), recover weight on R (6) 06.00
7&8 cross L behind R (7), side R step (&), cross L over R (8), 06.00

[17-24] Side Rock R- ¼ turn R Back Rock R- 2 Pivot Half Turn

1 2 side R rock (1), recover weigh on L (2) 06.00
3 4 ¼ turn R back R rock (3), recover weigh on L (4), 09.00
5 6 step R forward (5), pivot half turn L (6) 03.00
7 8 step R forward (7), pivot half turn L (8) 09.00

Restart here at the 6th repetition (facing 6:00)

[25-32] Syncopated Rock R & L forward- Back Step L & R- Coaster step

1 2 rock R forward (1), recover weigh on L (2) 09.00
&3 4 R next to L (&), rock L forward (3), recover weigh on R (4) 09.00
5 6 step back on L (5), step back on R (6) 09.00
7&8 step back on L (7), R beside L (&), step L forward (8) 09.00

[33-40] Step Forward R- ½ Turn R step Back L- Triple Back- Rock Back- Triple Forward

1 2 Step R forward (1), ½ turn R step back on L 03.00
3&4 step R back (5), L beside R (&), step R back (4) 03.00
5 6 rock back on L (5), recover weigh on R (6) 03.00
7&8 step L forward (7), R beside L (&), step L forward (8) 03.00

[41-48] Kick R Ball Point L- Kick L ball Point R- Jazz Box Cross

1&2 Kick R forward (1), ball step on R (&), L side touch (2) 03.00
3&4 kick L forward (3), ball step on L (&), R side touch (4) 03.00
5 6 cross R over L (5), L back step (6) 03.00
7 8 side R step (7), cross L over R (8) 03.00

[49-56] Side Hold- Ball Side Touch- Rolling Vine With Triple

1 2 Stomp R (1), Hold (2) 03.00
&3 4 ball step on L (&), side step on R (3), touch L beside R (4) 03.00
5 6 ¼ turn L step L forward (5), ½ turn L step R back (6) 12/6
7&8 ¼ turn L side L step (7), R beside L (&), side L step (8) 03.00

[57-64] Cross- Point – Back Together- Triple Forward- ½ pivot L

1 2 cross R over L (1), side L point (2) 03.00

3 4 step L back (3), R beside L (4) 03.00
5&6 step L forward (1), R beside L (&), step L forward (6) 03.00
7 8 step R forward (7), pivot half turn L (8) 09.00

HAVE A GOOD FUN.....ENJOY!!!!

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.

Carolyne Sabatier (cs26081961@gmail.com) All rights reserved

<http://cs26081961.wix.com/carolynedance> - cs26081961@gmail.com
