

Caught Up In The Country

COPPER KNOB
BY STEPHEN

拍数: 80 墙数: 0 级数: Phrased Intermediate / Advanced
编舞者: God Bless Country Music - August 2019
音乐: Caught Up In The Country - Rodney Atkins - 124 BPM



Intro : 16 Count - Sequence : A - A - B - B - C - D - C (1 to 8) - A - B - C - D - C - A - D - B - B - C

PART A

[1 – 8] ROCK STEP, ½ TRIPLE, FULL TURN, TRIPLE FWD,

1 - 4 RF fwd (1), Recover on LF (2), ¼ to R RF to R (3), LF beside RF (&), ¼ to R RF fwd (4),
5 - 8 ½ à LF behind (5), ½ to R RF fwd (6), LF fwd (7), RF beside LF (&), LF fwd (8),

[9 – 16] KICK BALL CROSS X2, MONTEREY ¼,

1 & 2 Kick RF diag L (1), RF beside LF (&), Cross LF over RF (2),
3 & 4 Kick RF diag L (3), RF beside LF (&), Cross LF over RF (4),
5 - 8 Point RF to R (5), ½ to R et RF beside LF (6), Point LF to L (7), LF beside RF (8),

PART B

[1 – 8] STEP, ¼ LEFT, TRIPLE CROSS, ¼ RIGHT X2, TRIPLE CROSS,

1 - 4 RF fwd (1), ¼ to L (2), Cross RF over LF (3), LF to L (&), Cross RF over LF (4),
5 - 8 ¼ to R LF behind (5), ¼ to R RF to R (6), Cross LF over RF (7), RF to R (&), Cross LF over RF (8),

[9 – 16] SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND ¼ STEP,

1 - 4 RF to R (1), Recover on LF (2), Cross RF behind LF (3), LF to L (&), Cross RF over LF (4),
5 - 8 LF to L (1), Recover on RF (2), Cross LF behind RF (3), ¼ to R RF fwd (&), LF fwd (4),

PART C

[1 – 8] ROCKING CHAIR, VINE CROSS,

1 - 4 RF fwd (1), Recover on G (2), RF behind (3), Recover on LF (4),
5 - 8 RF to R (5), Cross LF behind RF (6), RF to R (7), Cross LF over RF (8),

RESTART HERE AT THE SECOND EXECUTION OF PART C

[9 – 16] ROCKING CHAIR, WEAVE,

1 - 4 RF fwd (1), Recover on LF (2), RF behind (3), Recover on LF (4),
5 - 8 Cross RF over LF (5), LF to L (6), Cross RF behind LF (7), LF to L (8),

[17 – 24] STEP, TURN, TRIPLE FWD, STEP, TURN, TRIPLE FWD,

1 - 4 RF fwd (1), ½ Turn L (2), RF fwd (3), LF beside RF (&), RF fwd (4),
5 - 8 LF fwd (1), ½ Turn R (2), LF fwd (3), RF beside LF (&), LF fwd (4),

[25 – 32] ROCKING CHAIR, JAZZ BOX,

1 - 4 RF fwd (1), Recover on LF (2), RF behind (3), Recover on LF (4),
5 - 8 Cross RF over LF (1), LF behind (2), RF to R (3), LF fwd (4),

PART D

[1 – 8] SWITCH HEEL, SWITCH POINT, STEP LOCK STEP X2,

1&2& Right Heel fwd (1), RF beside LF (&), Left Heel fwd (2), LF beside RF (&),
3&4& Point RF to R (3), RF beside LF (&), Point LF to L (4), LF beside RF (&),
5 - 8 RF fwd (5), Lock LF behind RF (&), RF fwd (6), LF fwd (7), Lock RF behind LF (&), LF fwd (8),

[9 – 16] VAUDEVILLE RIGHT & LEFT, STEP, TURN, STEP X2,

1&2& Cross RF fwd LF (1), LF to L (&), Right Heel diag L (2), RF beside LF (&),
3&4& Cross LF fwd RF (1), RF to R (&), Left Heel diag G (2), LF beside RF (&),
5 - 8 RF fwd (5), ½ Turn L (6), RF fwd (7), LF fwd (8),
