A Little Southbound



拍数: 48 墙数: 2 级数: Intermediate

编舞者: Cathy Breed (AUS) - July 2019

音乐: Southbound - Carrie Underwood: (Album: Cry Pretty - iTunes)



Intro: 8 Counts, Weight on left - Starts on the word "We"

Side, Behind, Side, Heel, Together,	, Cross, ¼, Coaster, Ball Step
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1 2& Step R to right, Step L behind right, Step R to right

3&4 Touch L Heel to left diagonal, Step L beside right, Step R across left

5 6&7 Turn ¼ right step L back, Step R back, Step L beside right, Step R forward (3)

&8 Step L beside right, Step R forward

Step, Pivot, 1/2 Shuffle, Back, Rock, Shuffle

1 2 Step L forward, Pivot ½ right stepping into R

3&4 Turn ½ right step back on R, Step L beside right, Step R back (3)

5 6 Step R back, Rock forward onto L

7&8 Step R forward, Step L beside right, Step R forward (3)

Step, Stomp, 1/4 Bounce x 3, Sailor, Behind, Side, Across

1 2 Step L forward, Stomp R forward

3&4 Turn ¼ Left bouncing on balls of both feet x 3 (finishing weight R)

5&6 Step L behind right, Step R to right, Step L to left

7&8 Step R behind left, Step L to left, Step R across in front of left (12)

Side, Hinge, Shuffle, Cross, Back, Together, Step, Scuff

1 2 Rock L to left, Rock/Recover onto R

3&4 Turn ½ left step L to left, Step R beside left, Step L to left (6)

5 6& Step R across left, Step L back, Step R beside left

7 8 Step L forward, Scuff R forward (6)

Rock, Recover, ½ Turn, ½ Turn, Back, Rock, Kick, Ball, Step

1 2 Step R forward, Rock/Recover onto L

3 4 ½ turn right step R forward, ½ turn right step L back

5 6 Step R back, Rock/Recover onto L

7&8 Kick R forward, Step R beside left, Step L forward (6)

Forward, Rock, Side, Rock, Back, Rock, Touch, Behind, ¼, Step, Pivot ¾

1&2& Step R forward, Rock/Recover onto Left, Rock R to right, Rock/Recover onto L

3&4 Step R back, Rock/Recover onto L, Point R to right side

5 6 Step R behind left, Turn ¼ left step L forward (3) 7 8 Step R forward, Turn ¾ left keeping weight L (6)

Start Dance Again - Enjoy!

Tag/Restart – On Wall 3, dance to Count 32 then add the following 4 Steps Push Hips R,L,R,L then Restart Dance

Free to be copied provided no changes are made to the original choreography. Cathy Breed – 0414 951 207 - c.breed@bigpond.com