

Dixie Heart

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Jan Brookfield (UK) - November 2019
音乐: Heart of Dixie - Jett Williams : (CD: Honk!)



Speed : 99 BPM (x 2 for polka timing)

Dance starts after 11 seconds on the vocals : "Oh"

Section 1 : WALK FORWARD x 2, COASTER FORWARD; WALK BACK x 2, COASTER BACK

1,2, 3&4 Walk forward on R, L ; step R forward, step L next to R, step R back

5,6,7&8 Walk back on L, R ; step L back, step R next to L, step L forward

Section 2 : SHUFFLE ½ TURN, COASTER STEP; SHUFFLE FORWARD, MAMBO FORWARD

9&10 Shuffle half turn over left shoulder, stepping R.L.R (facing 6 o'clock)

11&12 Step L back, step R next to L, step L forward

13&14 Shuffle forward on R, L, R

15&16 Rock L forward, recover onto R, step L back

***RESTART HERE ON 5th WALL, YOU WILL BE FACING BACK WALL , 6 O'CLOCK**

Section 3 : WALK BACK x 2, COASTER STEP, SHUFFLE FORWARD, STEP, PIVOT ¼ TURN

17,18,19&20 Walk back on R, L; step R back, step L next to R, step R forward

21&22 Shuffle forward on L,R,L

23,24 Step R forward, pivot quarter turn left transferring weight onto L (facing 3 o'clock)

Section 4 : REVERSE SAILOR STEPS x 2; TOE-HEEL-STOMP x 2

25&26 Step R across in front of L, step L back to left side, step R to right side

27&28 Step L across in front of R, step R back to right side, step L to left side

29&30 Dig R toe in next to L, dig R heel in next to L, stomp R forward

31&32 Dig L toe in next to R, dig L heel in next to R, stomp L forward

START AGAIN

NB. Point of interest : the singer Jett Williams is the daughter of Hank Williams Sr.