

Country In My Veins

COPPER KNOB
BY SHEETS

拍数: 48 墙数: 4 级数: Intermediate
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音乐: In My Veins - Lauren Alaina : (Album: Getting Good)



INTRODUCTION: 16 BEATS

KICK, KICK, COASTER STEP, SHUFFLE, WALK, WALK

1-2 Kick R Foot Forward, Kick R Foot 45 Degrees R
3&4 Coaster: Step R Foot Back, Step L Foot Together, Step R Foot Forward
5&6 Shuffle Forward Stepping: Lrl
7-8 Step R Forward, Step L Forward

HEEL GRIND, COASTER STEP, PIVOT TURN, PIVOT TURN

1-2 Step R Heel Forward With Toe Pointing Towards L, Grind Heel Into Floor, Fanning Toes To R, Taking Weight Onto L Foot
3&4 Coaster: Step R Foot Back, Step L Foot Together, Step R Foot Forward
5-6 Pivot: Step L Foot Forward, Turn 180 Degrees R Take Weight On L
7-8 Pivot: Step L Foot Forward, Turn 180 Degrees R Take Weight On L

CROSS, SIDE, SAILOR, CROSS, SIDE, ¼ SHUFFLE BACK

1-2 Step L Over R Foot, Step R To The Side
3&4 Sailor: Step L Foot Behind R, Step R To The Side, Step L To The Side
5-6 Step R Over L, Step L To The Side
7&8 Turn 90 Degrees R Shuffle Back Stepping: Rlr

BACK, FORWARD, ½ TURN SHUFFLE BACK, BACK, FORWARD, HEEL, HEEL

1-2 Step L Back, Step R Forward
3&4 Turn 180 Degrees R Shuffle Back Stepping: Lrl
5-6 Step R Back, Step L Forward
7&8& # Tap R Heel Forward, Step R Together, Tap L Heel Forward, Step L Together (#)

POINT, HOLD, POINT, POINT, CROSS SAMBA, ¼ SAILOR

1-2& Point R Toe To The Side, Hold, Step R Together
3&4 Point L Toe To The Side, Step L Together, Point R To The Side
5&6 Cross Samba: Step R Across In Front Of L, Step L To The Side, Step R To The Side
7&8 Cross L Behind R, Turn 90 Degrees L, Step R Beside L, Step L Forward

FULL TURN, FORWARD, BACK, ¼ TURN, DRAG, BEHIND, SIDE, CROSS

1-2 Step R Forward Turning 180 Degrees L, Turn 180 Degrees L Step L Forward
3-4 Step R Forward, Step L Back
5-6 Turn 90 Degrees R, Step R To The Side, Bring L Together
7&8 Step L Behind R, Step R To The Side, Step L Over R

[48] REPEAT DANCE IN NEW DIRECTION

Restarts: On Wall 3 (3 O'clock Wall) And Wall 5 (9 O'clock Wall)
Restart The Dance After Count 32 #