

Pick Cowgirls Up

拍数: 32 墙数: 4 级数: High Beginner
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音乐: We Ride - Emerson Drive



Two Restarts in Walls 3, 6 after 16 counts.

Introduction 16 counts, start approx 09 sec.

Part 1. [1-8] Fwd R, Step L Together, R Lock Step Back, Back Rock L, 1/2 Shuffle Turn L to R.

1,2 Step Rf fwd (1), Step Lf beside Rf (2).
3&4 Step Rf back (3), Lock Lf in front of Rf (&), Step Rf back (4).
5,6 Rock Lf back (5), Recover back onto Rf (6).
7&8 1/2 shuffle turn L to R (6.00) (7&8).

Part 2. [9-16] Back Rock R, 2x Kick ball Step R, Side R with 1/4 Turn L, Together.

1,2 Rock Rf back (1), Recover back onto Lf (2).
3&4 Kick Rf fwd (3), Step Rf in place on ball (&), Step Lf fwd (4).
5&6 Kick Rf fwd (5), Step Rf in place on ball (&), Step Lf fwd (6).
7,8 Make 1/4 turn L (3.00) step Rf out to right (7), Step Lf beside Rf (8).

(NB: Restart here in wall 3, 6 after 16 counts, after start again).

Part 3. [17-24] Lindy R, Lindy L with 1/4 Turn R.

1&2 Side shuffle to R (1&2).
3,4 Lf rock back (3), Recover back onto Rf (4).
5&6 Side shuffle to L with 1/4 R (6.00) (5&6).
7,8 Rock Lf back (7), Recover back onto Lf (8).

Part 4. [25-32] Side R, Hold, Together, Side Rock R, Together, Side L, Hold, Triple in Place L, R with 1/4 Turn L, Knee Lift R.

1,2 Step Rf to R (1), Hold (2).
&3,4 Step Lf beside Rf (&), Rock Rf to R (3), Recover back onto Lf (4).
&5,6 Step Rf beside Lf (&), Step Lf out to L (5), Hold (6).
7&8 Rf + Lf triple in place with 1/4 turn to L (3.00) (7&), Lift R knee up (8).

REPEAT THE DANCE AND HAVE FUN!!