

Little Old Country Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Kim McCloughan (AUS) - May 2021
音乐: Country Girl - Ailish McBride : (Album: Country Girl)



This dance is done in 4 directions.

INTRODUCTION: 16 BEATS

STEP R FORWARD , STEP L FORWARD, ROCK STEPS, FORWARD, BACK, BACK, FORWARD, STEP FORWARD, STEP BACK, LOCK SHUFFLE BACK

1-2 Step R Forward, Step L Forward
3&4& Step R Forward, Step L Back, Step R Back, Step L Forward
5-6 Step R Forward, Step Back L
7&8 Lock Shuffle Back: Step R Back, Step L Over R, Step R Back

COASTER BACK, PIVOT ¼ L, CROSS ,SIDE, STEP, CROSS, SIDE, STEP

1&2 Coaster Back: Step L Foot Back, Step R Foot Together, Step L Foot Forward
3-4 Pivot: Step R Foot Forward Turn ¼ Turn L, Take Weight On L Foot
5&6 Step R Over L, Step L To The Side, Step R In Place
7&8 # Step L Over R, Step R To The Side, Step L In Place

PIVOT ½ TURN L, SHUFFLE FORWARD, FORWARD, BACK, COASTER STEP

1-2 Pivot: Step R Foot Forward Turn ½ Turn L, Take Weight On L Foot
3&4 Shuffle Forward: Stepping R, L, R
5-6 Step L Forward, Step R Back
7&8 Coaster Back: Step L Foot Back, Step R Foot Together, Step L Foot Forward

PIVOT ½ TURN L, SHUFFLE FORWARD, FORWARD, BACK, BACK, HEEL, STEP, STEP

1-2 Pivot: Step R Foot Forward Turn ½ Turn L, Take Weight On L Foot
3&4 Shuffle Forward: Stepping R, L, R
5-6 Step L Forward, Step R Back
&7&8 Step L Back, Tap R Heel Forward, Step R In Place, Step L Forward

[32] REPEAT THE DANCE IN NEW DIRECTION

RESTART: ON WALL 4 Dance to count 16 (#) then restart facing the front wall.