

I'm a Project

COPPER KNOB
STEPPEDETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Linda Scott (USA) & Jane Krga (USA) - June 2022
音乐: Project - Chase McDaniel : (iTunes, Amazon)
或: High on a Country Song - Sam Riggs



Alt Music - High on a Country Song - Sam Riggs (no tags, no restarts, 4 wall dance)

2nd place mention in my heat at Windy City Linedance Mania Oct 22

****2 restarts after 48 counts on walls 2 and 4 (after the hip sways), both restarts start facing 12:00**

To this song you will only start the dance on the 12:00 and 3:00 walls, if danced to other music, you will dance all 4 walls without the restart

Start 32 counts after the heavy beat in the intro music. Weight on L

SIDE, CROSS SHUFFLE, 1/4, 1/2 SHUFFLE FORWARD

1,2 (1) Rock RF to right side, (2) Recover weight on LF
3&4 (3) Step RF over LF, (&) Step on LF, (4) Step on Rf
5-6 (5) Stepping back on LF 1/4 turn to right (3:00), (6) Step 1/2 forward on RF (9:00)
7&8 (7) Step forward LF, (&) Lock RF behind LF, (8) Step forward on LF

ROCK, RECOVER, PONY BACK 2X, ROCK, RECOVER

1,2 (1) Rock RF forward, Recover on LF
3&4 (3) Step RF back (&) Step ball of L beside R; (4) Step R in place
5&6 (5) Step LF back (&) Step ball of R beside L; (6) Step L in place
7,8 (7) Step RF back, (8) Replace weight on LF

KICK BALL CHANGE, OUT, OUT, IN, IN, STEP 1/4, STEP 1/4

1&2 (1) Kick RF forward, (&) Step ball of RF beside LF, (3) Step LF in place
&3&4 (&) Step RF out to side (3) Step LF out to R side, (&) Step RF back to place (4) Step LF next to RF
5-6 (5) Step forward on RF, (6) Turning 1/4 to left, weight transfers to LF (6:00)
7-8 (7) Step forward on RF, (8) Turning 1/4 to left, weight transfers to LF (3:00)

STEP OUT, OUT, HOLD, IN, IN, HOLD, SIDE SHUFFLE, ROCK RECOVER 1/4

&1,2 (&) Step RF to right side, (1) Step LF to left side, (2) Hold
&3,4 (&) Step RF back to place (3) Step LF next to RF (4) Hold
5&6 (5) Step RF to right side (&) step ball of LF next to RF, (6) Step RF to right side
7, 8 (7) Rock back on LF turning 1/4 to left, (8) Step forward on RF (12:00)

SHUFFLE, STEP 1/2, STEP 1/2, 1/4 STOMP, HOLD, 1/2 SAILOR STEP

1&2 (1) Step forward LF (&) Lock RF behind LF (2) Step forward on LF
3,4 (3) Stepping 1/2 back on RF turning right (6:00), (4) Stepping 1/2 forward on LF (12:00)
5,6 (5) Stomp RF 1/4 turning to left (9:00), (6) hold
7&8 (7) Step LF behind LF as you're turning 1/2 to right (&) Step RF to side (8) Step LF to right side (3:00)

STOMP, HOLD, 1/2 SAILOR STEP, 4 HIP SWAYS

1,2 (1) Stomp RF, hold (3:00)
3&4 Step LF behind RF as you're turning 1/2 to right, Step RF to side, Step LF to right side (9:00)
5,6,7,8 Stepping RF slightly to the side, Sway hips right, left, right, left (beding knees moving in a downward motion) weight ends on left

***Restart wall 2 (facing 12:00)**

***Restart wall 4 and right before rap section (facing 12:00)**

KICK AND POINT, KICK AND POINT, ¼ JAZZ CROSS

1&2 Kick RF forward, step down on RF, Point L toe to side
3&4 Kick LF forward, step down LF, Point R toe to side
5,6 Cross RF over LF, step back LF turning ¼ to right (12:00)
7,8 Step RF to side, Step LF crossing over RF

RIGHT LINDY, LEFT 1/4 LINDY (3:00)

1&2 (1) Step RF to right side (& step ball of LF next to RF, (2) Step RF to right side
3,4 (3) Step LF behind RF, (4) Recover weight on LF
5&6 (5) Step LF to left side (& step ball of RF next LF (6) Step LF to left side
7-8 (7) Step back on RF turn ¼ to right (8) Step forward on LF (3:00)

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