

She's a Natural (Country Girl)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jonno Liberman (USA) - June 2022
音乐: Natural - BRELAND



Intro: 32 Counts

[1-8] Forward Triple x2, 1/8 Box Step (12:00)

Begin the dance to the front left corner (facing 10:30)

1&2 Step RF forward, Step LF next to RF, Step RF forward
3&4 Step LF forward, Step RF next to LF, Step LF forward
5, 6 Cross RF over LF, Turn 1/8 R as you step LF back (12:00)
7, 8 Step RF to R, Cross LF over RF

[9-16] Side Touch, Side Touch, Back, Together, Hip Sways (12:00)

1, 2 Step RF to R, Touch LF next to RF
3, 4 Step LF to L, Touch RF next to LF
***For walls 3, 7, and 9, you can change timing to &1 Hold-2, &3 Hold-4 to better hit the chorus.**
5, 6 Step RF back, Step LF next to RF
7, 8 Sway Hips to R, Sway hips to L (finish with weight on LF)

[17-24] Side Triple, Back Rock, Side Triple, Back Rock (12:00)

1&2 Step RF to R, Step LF next to RF, Step RF to R
3, 4 Rock LF behind RF, Recover forward onto RF
5&6 Step LF to L, Step RF next to LF, Step LF to L
7, 8 Rock RF behind LF, Recover forward onto LF

[25-32] Side Toe Strut, Cross Toe Strut, 1/8 Rocking Chair (1:30)

1, 2 (angle body to front right corner) Touch R toe slightly to R, Take weight onto RF
3, 4 Cross L toe over RF, Take weight onto LF
5, 6 Turn 1/8 R as you rock RF forward (1:30), Recover back onto LF
7, 8 Rock RF back, Recover forward onto LF

Optional: Replace Rocking Chair with two 1/2 Pivots over the left shoulder.

Tag - At the end of wall 7 the music will stop and Breland will speak.

You can choose to do the "Easy" tag or the "Not As Easy" tag. Both will work on the same dance floor.

Easy Tag Option: [1-8] Forward Triple, Rock Recover, Triple Back, Back Rock Recover (7:30)

1&2 Step RF forward, Step LF next to RF, Step RF forward
3, 4 Rock LF forward, Recover back onto RF (1:30)
5&6 Step LF back, Step RF next to LF, Step LF back
7, 8 Rock RF back, Recover forward onto LF

Not As Easy Tag Option: [1-8] Forward Triple, 1/2 Pivot, 1/2 Triple, Back Rock Recover (7:30)

1&2 Step RF forward, Step LF next to RF, Step RF forward
3, 4 Step LF forward, Turn 1/2 R as you shift weight to RF (1:30)
5&6 Turn 1/4 R as you step LF to L, Step RF next to LF (or Cross RF over LF), Turn 1/4 R as you step LF back (7:30)
7, 8 Rock RF back, Recover forward onto LF

Dance Your Yaaas Off

DanceJonnoDance@gmail.com

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