

拍数: 32 墙数: 4 级数: Intermediate Country
编舞者: Antonio Manigas (IT) - October 2022
音乐: Country Mile - Jade Gibson



Sequence : wall 1 – wall 2 – wall 3 – wall 4 (only 20 counts) – Restart wall 5 – wall 6 – wall 7 – wall 8 - wall 9 – wall 10 – wall 11 – wall 12 (only 16 counts) + Stomp Left

S1) SHUFFLE R., SHUFFLE BACK L.,TURN ½ ,ROCK RECOVER ,TURN ½ ,STOMP L.

1 & 2 – Step Right Forward , Step Left Beside Right , Step Right Forward
3 & 4 – Step Left Backward , Step Right Beside Left , Step Left Backward
5 - 6 – Turn ½ To Right (06:00) And Step Right Forward , Return To Left
7 - 8 – Turn ½ To Right (00:00) And Step Right Forward , Stomp Left Beside Right

S2) ROCK & STOMPS L. R.,TURN ¼ ROCK & STOMPS L. R.,HEELS SWITCHES & TURN ¼ ,TOE L.

&1 - & 2 – Step Right To Right Side , Stomp Up Left Beside Right , Step Left To Left Side , Stomp Up Right Beside Left
&3 - & 4 – Turn ¼ To Left (09:00) And Step Right To Right Side , Stomp Up Left Beside Right , Step Left To Left Side , Stomp Up Right Beside Left
&5 - &6 – Step Right Forward And Heel , Return To Centre , Turn ¼ To Left (06:00) And Step Left Forward And Heel , Return To Centre
&7 - 8 – Step Right Forward And Heel , Return To Centre And Taking Weight , Cross Step Left Behind Right And Touch Toe

S3) TURN ¼ ROCK RECOVER , TURN ½ ,STOMP R. , SWIVETS

1 - 2 – Turn ¼ To Left (03:00) And Step Left Forward , Return To Right
3 - 4 – Turn ½ To Left (09:00) And Step Left Forward , Right Stomp With Legs Slightly Spread
&5 - &6 – Taking Weight Onto Left Heel And Right Toe Swivel Boot To Left Side,Return to Centre,Taking Weight Onto Right Heel And Left Toe Swivel Boot To Right Side, Return To Centre
&7 - &8 – Taking Weight Onto Left Heel And Right Toe Swivel Boot To Left Side,Return to Centre, Taking Weight Onto Right Heel And Left Toe Swivel Boot To Right Side, Return To Centre

S4) ROCK IN CHAIR , ROCK RECOVER TURN ½ , TURN ½ ,STEP R. ,ROCK RECOVER, STOMP L.

&1 - &2 – Step Right Forward , Return To Left , Step Right Backward , Return To Left
&3 - 4 – Step Right Forward , Return To Left , Turn ½ To Right (03:00) And Step Right Forward
5 - 6 – Turn ½ To Right (09:00) And Step Left Backward , Step Right Backward
7 & 8 – Step Left Backward , Return To Right , Step Left Forward And Stomp