

She's So Country

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Amanda Knox (USA) & Rob Holley (USA) - December 2023
音乐: She's So Country (feat. Cap Bailey) - Lenny Cooper : (Album: The Grind - iTunes)



Tags: 0, Restarts: 0
Intro: 32 (start on vocals)

[1-8] HEEL GRIND ¼ TURN RIGHT, COASTER HEEL, BALL-FORWARD, STEP SIDE, FORWARD BODY ROLL

1-2 Touch R heel forward (1), twist/grind heel ¼ turn R & step L back (2) (3:00)
3&4 Step R back (3), step L back (&), touch R heel forward (4)
&5-6 Step R next to L (&), step L forward (5), step R to R side (6)
7-8 Roll upper body forward (7), roll upper body back (weight to R) (8) *see styling notes*

[9-16] HEEL GRIND ¼ TURN LEFT, COASTER STEP, ROCK RECOVER, SHUFFLE ½ TURN RIGHT

1-2 Touch L heel forward (1), twist/grind heel ¼ turn L & step R back (2) (12:00)
3&4 Step L back (3), step R next to L (&), step L forward (4)
5-6 Rock R forward (5), recover weight to L (6)
7&8 Turn ½ R & step R forward (7), step L next to R (&), step R forward (8) (6:00)

[17-24] STEP, ½ TURN HITCH, ½ TURN STEP, HITCH, ROCK RECOVER, PONY STEP BACK

1-2 Step L forward (1), turn ½ R & hitch R (2) (12:00)
3-4 Turn ½ R & step R forward (3), hitch L (4) (6:00)
5-6 Rock L forward (5), recover weight on R (6)
7&8 Step L back & hitch R knee (7), step R next to L (&), step L back & hitch R knee (8)

[25-32] REVERSE ROCKING CHAIR, BALL, CROSS, HOLD, BALL CROSS, HOLD

1-4 Rock R back (1), recover weight to L (2), rock R forward (3), recover weight to L (4)
&5-6 Step R next to L (&), cross L over R (5), hold (6)
&7-8 Step R to R side (&), cross L over R (7), hold (8)

STYLING: During the chorus (on counts 7-8) the lyrics will be singing "then drop it in four-low." Replace the forward body roll with a drop/squat then back up.

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