

This Land Is Your Land

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Dolly Kingsley (USA) - June 2024
音乐: This Land Is Your Land - Lee Greenwood



This dance can be performed in Contra!

Introduction: 16 counts, start on the word "Your"

POINT OUT, IN, OUT; BEHIND, SIDE, STEP - R & L

1&2 Point R foot to right side [1], Touch R next to L [&], Point R foot to right side [2]
3&4 Step R behind L [3], Step L to left side [&], Step R slightly forward next to L [4]
5&6 Point L foot to left side [5], Touch L next to R [&], Point L foot to left side [6]
7&8 Step L behind R [7], Step R to right side [&], Step L slightly forward next to R [8]

SHUFFLE FORWARD X 4 - R, L, R, L

1&2 Step R forward [1], Step L next to R [&], Step R forward [2]
3&4 Step L forward [3], Step R next to L [&], Step L forward [4]
5&6 Step R forward [5], Step L next to R [&], Step R forward [6]
7&8 Step L forward [7], Step R next to L [&], Step L forward [8]

SUGAR FOOT X 2 - R & L; JAZZ BOX TURNING 1/4 RIGHT

1&2 Touch toes of R next to instep of L [1], Touch heel of R next to instep of L [&], Step R slightly forward [2]
3&4 Touch toes of L next to instep of R [3], Touch heel of L next to instep of R [&], Step L slightly forward [4]
5-6 Step crossing R over L [5], Step L back [6]
7-8 Step R to right side turning 1/4 right [7], Step L slightly forward next to R [8] (3:00)

SUGAR FOOT X 2 - R & L; JAZZ BOX TURNING 1/4 RIGHT

1&2 Touch toes of R next to instep of L [1], Touch heel of R next to instep of L [&], Step R slightly forward [2]
3&4 Touch toes of L next to instep of R [3], Touch heel of L next to instep of R [&], Step L slightly forward [4]
5-6 Step crossing R over L [5], Step L back [6]
7-8 Step R to right side turning 1/4 right [7], Step L slightly forward next to R [8] (6:00)

Tag - At the end of sequence 4 (12:00), as the artist sings "This Land, This Land"

1-4 Step R to right side [1], Touch L to next R [2], Step L to left side [3], Touch R next to L [4]
5-8 Step R to right side [5], Touch L to next R [6], Step L to left side [7], Touch R next to L [8]

Optional arms: wave over head to the right as step right and to the left as step left
Tag as introduction: after 8 counts of the song starting with "This Land, This Land."

ENJOY! No Restarts.

Optional Ending: During the 7th sequence, complete 16 counts of the dance (shuffle forward X 4) and facing front, take hands up in the shape of a V.

See all of the dances from Miss Dolly and KK on Copperknob (Dolores Kingsley, Kristin Kingsley) and YouTube under @dollysdances6040; Dolly's Dances