

Cross Country

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Conrad Farnham (USA) - November 2024
音乐: Cross Country (feat. Mickey Guyton) - BRELAND



WALK ½ TURN OVER R SHOULDER (R, L, R, L), STEP R FORWARD R, HITCH L OVER R, STEP L FORWARD L, HITCH R OVER L

1-4 Walk right, left, right, left finishing ½ turn over right shoulder
5-8 Step forward right front right and hitch left knee over right, step forward left front left and hitch right knee over left

GRAPEVINE R, GRAPEVINE L

1-4 Step right to right, step left behind right, step right to right, touch left next to right
5-8 Step left to left, step right behind left, step left to left, touch right next to left

DOUBLE HIP BUMPS R, DOUBLE HIP BUMPS L, SINGLE HIP BUMPS R, L, R, L

1-4 Step right out slightly and bump hips twice right, bump hips twice left
5-8 Bump hips right, left, right, left

WALK BACK R, L, R, L, MONTEREY ¼ R

1-4 Step right backward, step left backward, step right backward, step left next to right
5-8 Point right toe right, step right next to left while making a ¼ turn right, point left toe to left, step left next to right

*** EASY TAG END OF WALL 11, FACING 3:00**

***EASY 16 COUNT TAG END OF WALL 11, FACING 3:00**

WALK ¾ TURN OVER R SHOULDER (R, L, R, L), STEP R FORWARD R, HITCH L OVER R, STEP L FORWARD L, HITCH R OVER L

1-4 Walk right, left, right, left finishing ¾ turn over right shoulder (now facing 12:00 wall).
5-8 Step forward right front right and hitch left knee over right, step forward left front left and hitch right knee over left

DOUBLE HIP BUMPS R, DOUBLE HIP BUMPS L, SINGLE HIP BUMPS R, L, R, L

1-4 Step right out slightly and bump hips twice right, bump hips twice left
5-8 Bump hips right, left, right, left

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