

Lonely Cowgirl

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Marg Jones (CAN)
音乐: I Feel Lucky - Mary Chapin Carpenter



Start with left heel diagonally out in front at 10 o'clock

SCISSOR STEPS X 2

& Left foot steps beside right
1 Right foot across left and step
& Left foot steps slightly to left
2 Place right heel diagonally out at 2 o'clock
& Right foot steps beside left
3 Left foot across right and step
& Right foot steps slightly to right
4 Place left heel diagonally out at 10 o'clock

¼ TURN TO THE LEFT, TOE BACK, HEEL FRONT, OUT, OUT, HOLD & CLAP

& Turning ¼ turn to left, quickly step on left foot
5 Touch right toe behind
& Quickly step on right foot
6 Touch left heel out to front
&7 Small step out on left, small step out on right
8 Hold (& clap)

IN, IN, OUT, OUT, WALK FORWARD LEFT, RIGHT, KICK & HOPS WITH TURNS, STEP

&9 Left foot returns to home, right returns home (feet are together)
&10 Small step out on left, small step out on right
11-12 Walk forward left, right

"Whoop" on counts 13, 14, and 15

13 Hopping on right, kick left out in front
14 (keeping left foot in air) make ¼ turn left, hopping on right, kick left out in front
15 (keeping left foot in air) make ¼ turn left, hopping on right, kick left out in front
16 Step left foot down beside right

CROSS ROCK, RECOVER, TRIPLE STEPS WITH ½ TURN TO THE RIGHT (TWICE), ROCK BACK, RECOVER

17 Cross right foot over left, step & rock forward
18 Step back on left
19&20 Triple step, right-left-right, while making ½ turn to the right
21&22 Triple step, left-right-left, while making ½ turn to the right (completing full circle turn)
23 Rock back on right foot
24 Step down on left foot

FORWARD SAILOR SHUFFLES; JAZZ BOX WITH HEEL OUT

25 Step right across left,
& Step left slightly to left
26 Step right beside left
27 Step left across right
& Step right slightly to right
28 Step left beside right

- 29 Step left across right
- 30 Step back on left
- 31 Step right beside left
- 32 Place left heel diagonally out at 10 o'clock

REPEAT
