

My Country Angel

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Fred Buckley (CAN)
音乐: The City Put the Country Back In Me - Neal McCoy



SHUFFLE RIGHT, ROCK BACK, RECOVER

1&2 Step right foot to right, step left foot beside right, step right foot to right
3 Rock back left
4 Recover right

SHUFFLE LEFT, ROCK BACK, RECOVER WITH ¼ TURN RIGHT

5&6 Step left foot to left, step right foot beside left, step left foot to left
7 Rock back right
8 Recover left

RIGHT HIP BUMPS (4) & LEFT HIP GRINDS (2)

9-12 Lean forward lightly on ball of right foot & bump hips to right -4 times
13-16 Shift weight to left and do 2 hip rolls to the left (2 counts each) ending by shifting weight to right foot

COASTER STEP, CROSS, UNWIND ½ TURN LEFT

17&18 Step back left foot, step right foot beside left, step forward on left foot
19 Cross right foot in front of left
20 Unwind ½ turn left (shift weight to right foot)

KICK BALL CHANGE, CROSS, UNWIND ½ TURN RIGHT

21&22 Kick left foot forward, step on ball of left foot, step on right foot
22 Cross left foot in front of right foot
23 Unwind ½ turn right (weight is on left foot)

WALK FORWARD, KICK, WALK BACK/SYNCOPATED BALL CROSS

25-28 Walk forward right-left-right, kick left foot forward
29-31 Walk back left-right-left
&32 Step back on ball of right foot & quickly step left foot across right foot (shifting weight to left foot)

RIGHT TOE, RIGHT HEEL (SUGARFOOT), HEEL TOE SWIVELS TRAVELING RIGHT (THE DWIGHT)

33-34 Touch right toe to left instep with knee pointing left-hold
35-36 Touch right heel to left instep with knee pointing right-hold

Weight on left foot traveling right for the next 4 counts

37 Swivel left heel right, touch right toes together
38 Swivel left toes right and touch right heel together
39 Swivel left heel right, touch right toes together
40 Swivel left toes right and touch right heel together

TOE-HEEL CROSS & SIDE STRUTS

41-42 Cross right toe over left foot, step down on right heel
43-44 Step left toe left, step down on left heel
45-46 Cross right toe over left foot, step down on right heel
47-48 Step left toe left, step down on left heel

REPEAT

