

Prefab Cowboy

拍数: 64 墙数: 2 级数: Improver
编舞者: Johnny S. (UK)
音乐: Cowboy Dreams - Prefab Sprout



STEP TOE-HEEL BACK X 3, ROCK-RECOVER

- 1-4 Step right toe back, drop right heel to floor, step left toe back, drop left heel to floor
- 5-6 Step right toe back, drop right heel to floor
- 7-8 Rock left foot forward, recover weight onto right foot

ROCK-RECOVER-CROSS WITH HOLDS TWICE

- 1-4 Step-rock left foot to left side, recover weight onto right foot, cross left foot over right foot, hold
- 5-8 Step-rock right foot to right side, recover weight onto left foot, cross right foot over left foot, hold

STEP, SLIDE, ½ TURN LEFT WITH CHASSE TO RIGHT, HOLD, ROCK-RECOVER

- 1-2 Step left foot to left side (1), slide right foot to meet left foot (2)
- 3-6 On ball of left foot pivot ½ turn left - stepping right foot to right side (3), close left foot to right foot (4), step right foot to right side (5) & hold (6)
- 7-8 Rock weight onto left foot (7), recover weight onto right foot (8)

LEFT & RIGHT PRISSY WALKS FORWARD - WITH HOLDS, MODIFIED FORWARD SAILOR STEP

- 1-4 Step left foot forward in front of right foot, hold, step right foot forward in front of left foot, hold
- 5-8 Cross left foot over in front of right foot, step right foot back, step left foot to left side, step right foot beside left foot

ROCK-RECOVER, ¼ TURN LEFT WITH STEP, HOLD

- 1-4 Rock left foot forward, recover weight onto right foot, on ball of right foot make ¼ turn left - stepping left foot forward, hold

STEP, SLIDE, ½ TURN RIGHT WITH CHASSE TO LEFT, HOLD, ROCK-RECOVER

- 1-2 Step right foot to right side (1), slide left foot to meet right foot (2)
- 3-6 On ball of right foot pivot ½ turn right - stepping left foot to left side, close right foot to left foot, step left foot to left side & hold
- 7-8 Rock weight onto right foot, recover weight onto left foot

RIGHT & LEFT PRISSY WALKS GOING BACK - WITH HOLDS, MODIFIED SAILOR STEP

- 1-4 Step right foot back behind left foot, hold, step left foot back behind right foot, hold
- 5-8 Cross right foot behind left foot, step left foot to left side, step right foot to right side, step left foot beside right foot

ROCK-RECOVER, ¼ TURN RIGHT WITH STEP, HOLD, ½ TURN RIGHT, HOLD

- 1-4 Rock right foot forward, recover weight onto left foot, on ball of left foot make ¼ turn right - stepping right foot forward, hold
- 5-8 Step left foot forward, pivot ½ turn right, step left foot forward, hold

WALKS FORWARD RIGHT & LEFT WITH HOLDS

- 1-4 Step right foot forward, hold, step left foot forward, hold

REPEAT

