

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Janet Jolliffe (USA)  
音乐: Cypress Grove - The GrooveGrass Boyz



## SYNCOPATED CROSS ROCKS, HEEL SPLITS & SWIVELS

- 1&2      Rock right to right side, recover weight onto left, cross right over left (take weight onto right)  
3&4      Rock left to left side, recover weight onto right, cross left over right (take weight onto left)  
5&6      Rock right to right side, recover weight onto left, step right slightly in front of left (weight on both feet)  
&7      Split heels to each side, right heel to right, left heel to left), bring both heels back to center  
&8      Swivel both heels to right, bring both heels back to center

## VINE RIGHT, SYNCOPATED RIGHT VINE, ROCK STEP, COASTER STEP

- 1-2      Step right to right side, cross behind right on ball of left (styling: shrug shoulders down to right, then to left)  
3&4      Step right to t side, cross behind right on ball of left foot, step right to right side (shoulders down right, left, right)  
5-6      Rock forward on left, recover weight back to right  
7&8      Step back on left, step right by left, step left forward

## SCUFF, HITCH, SYNCOPATED HEEL/TOE STRUT, SYNCOPATED SWIVELS WITH TURNS

- 1&2&      Scuff right heel forward by left, hitch right knee up, tap right heel slightly in front of left, drop right toes to floor  
3&4      Swivel both heels right, left, right while making  $\frac{1}{4}$  turn to left (facing 9:00)  
5&6      Swivel both heels left, right, left while making  $\frac{1}{4}$  turn to right (facing 12:00)  
7&8      Swivel both heels right, left, right while making  $\frac{1}{4}$  turn to left (facing 9:00, weight to right foot)

## VINE LEFT, SHUFFLE FORWARD, SYNCOPATED SCUFF, HITCH, STEP, TOE SLIDES

- 1-2      Step left to left side, cross behind left on ball of right foot  
3      Step left to left side  
4&5      Shuffle forward stepping right, left, right  
6&7      Scuff left heel beside right, hitch left knee up, step left foot in front of right (weight on left)  
&8      Keeping weight on left, staying in line where right toes were, slide right toes to right side, slide right toes back behind left (weight still on left)

## KNEE ROLL WITH TURN, LEFT HEEL SWIVEL, SYNCOPATED TRAVELING SWIVEL, KNEE DIPS, UNWIND

- 1-2      While rolling right knee outward to right side, turn  $\frac{1}{4}$  turn to right dropping weight to right, weight on both, standing in place, swing left heel to left which will bring both feet facing towards 12:00  
3&      Traveling with left foot to right, swing left heel in towards right, bring left toes to center (weight on both feet)  
4&      Swing right heel to right side, bring right heel back to center (weight on both feet)  
5&      Dip both knees down at 45 degree angle to right, stand up straight to center  
6&      Dip both knees down at 45 degree angle to left, stand up straight to center  
7-8      Bring ball of left foot behind and to right side of right heel, unwind  $\frac{1}{2}$  turn to left (weight on both feet)

## SYNCOPATED TOE TOUCHES & STEPS, HEEL BOUNCES WITH TURN, HIP SWAYS

- 1&      Touch right toes to right side, step right to center  
2&      Touch left toes beside right, step left foot slightly back

- 3&4 Step right foot slightly in front of left, bringing weight onto balls of both feet, bounce heels on floor twice while turning  $\frac{1}{4}$  turn left (weight. On both)
- 5-8 Sway hips to right, sway hips to left, sway hips to right, sway hips to left (dip knees down for styling)

**REPEAT**

---