

Cowgirl's Blues

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Roland (Gutz) Gutzwiller (CH)
音乐: Even Cowgirls Get The Blues - Vicky Layne



LEFT SAILOR STEP, RIGHT SAILOR STEP, SHUFFLE FORWARD ½ TURN LEFT

1&2 Step left behind right, step right to right side, step left to left side
3&4 Step right behind left, step left to left side, step right to right side
5&6 Step left forward, step right beside left, step left forward
7-8 Step right forward, on left pivot ½ to the left

RIGHT SHUFFLE FORWARD, LEFT CROSS ROCK FORWARD

9&10 Step right forward, step left beside right, step right forward
11-12 Cross rock left over right, rock back on right

POINT LEFT TO LEFT, FORWARD, POINT RIGHT TO RIGHT, FORWARD,

13-14 Point left toe to the left, step left in front of right
15-16 Point right toe to the right, step right in front of left

POINT LEFT TO LEFT, FORWARD, POINT RIGHT TO RIGHT, FORWARD,

17-18 Point left toe to the left, step left in front of right
19-20 Point right toe to the right, step right in front of left

LEFT STEP BACK ¼ T RIGHT, RIGHT STEP BACK ¼ T RIGHT, SHUFFLE FORWARD 1/1 TURN RIGHT

21-22 Step left behind right with ¼ turn right, step right forward with ¼ turn right
23&24 Step left forward with ¼ turn right, on left turn ½ to the right and step right forward, step left forward with ¼ turn right

STEP ON RIGHT (HIP), STEP ON LEFT (HIP), RIGHT SHUFFLE BACKWARDS

25 Step on right pushing hip forward 45 degrees right,
26 Step on left pushing hip forward 45 degrees left
27&28 Step right back, step left beside right, step right back

STEPS BEHIND AND FORWARD WITH 1 ½ TURN LEFT

29 Turn ½ to the left on right and step left forward *
30 Turn ½ to the left on left and step right behind left *
31 Turn ½ to the left on right and step left forward *
32 Rock step forward on right

Styling note: put the arms out horizontal to the floor for balance as well as fun (optional)

REPEAT