

Cowgirls & Switches

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Scott Blevins (USA)
音乐: Cowboys & Kisses - Anastacia



- 1-2& Step side right with right foot, step left foot behind right foot, step right foot across and in front of left foot
- 3-4& Step side left with left foot, step right foot behind left foot, step left foot across and in front of right foot
- 5-6& Make $\frac{1}{4}$ turn right stepping with right foot, make $\frac{1}{4}$ turn right stepping with left foot, make $\frac{1}{2}$ turn right stepping with right foot (turning vine)
- 7-8& Cross body lunge stepping left foot across and in front of right foot, recover onto right foot, make $\frac{1}{4}$ turn left stepping with left foot
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- 1&2& Make $\frac{1}{2}$ turn left stepping back with right foot, make $\frac{1}{2}$ turn left stepping forward with left foot, step forward with right foot, lock step left foot behind right foot
- 3-4 Step forward with right foot, make $\frac{1}{2}$ turn right on right foot pointing left foot to left side
- 5-6& Step left foot across and in front of right foot, step side right with right foot, step left foot together with right foot
- 7&8& Step right foot across and in front of left foot, make $\frac{1}{4}$ right stepping back with left foot, make $\frac{1}{2}$ turn right stepping forward on right foot, make $\frac{1}{2}$ turn right stepping back on left foot
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- 1&2 Rock back on right foot, recover onto left foot, make $\frac{1}{4}$ turn left stepping side right with right foot pointing left foot to left side
- 3&4 Rock back on left foot crossing behind right foot, recover onto right foot, step forward and on an angle to left with left foot
- 5-6 Right skater step, left skater step
- 7&8& Make $\frac{1}{4}$ turn right with right foot, make $\frac{1}{4}$ turn right stepping left to left side, rock right behind left foot, recover onto left foot
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- 1&2 Make $\frac{1}{4}$ turn left stepping back on right foot, make $\frac{1}{2}$ turn left stepping forward on left foot, step forward on right foot
- 3&4 Make $\frac{1}{2}$ turn right stepping back on left foot, make $\frac{1}{2}$ turn right stepping forward on right foot, step forward on left foot
- 5&6& Step forward on right foot, pivot $\frac{1}{4}$ turn left onto left foot, step right foot across and in front of left foot, make $\frac{1}{4}$ turn right stepping back on left foot
- 7&8& Make $\frac{1}{2}$ turn right stepping forward on right foot, make $\frac{1}{4}$ turn right stepping side left with left foot, rock right behind left foot, recover onto left foot

REPEAT
