

Cowboy Blues

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jo Thompson Szymanski (USA)
音乐: Cowboy Blues - Gary Allan



TRIPLE RIGHT, ROCK, STEP, KNEE, BALL CROSS, KNEE, BALL CROSS

- 1&2 Step right foot to right side, step together with left, step right foot to right side
- 3-4 Rock back with left foot, recover weight forward to right foot
- 5 Touch ball of left beside right at the same time roll left knee across front of right leg
- &6 Step back on ball of left foot, step right foot across in front of left
- 7 Touch ball of left beside right at the same time roll left knee across front of right leg
- &8 Step back on ball of left foot, step right foot across in front of left

TRIPLE LEFT ROCK, STEP, KNEE, BALL, CROSS, KNEE, BALL, CROSS

- 1&2 Step left foot to left side, step together with right, step left foot to left side
- 3-4 Rock back with right foot, recover weight forward to left foot
- 5 Touch ball of right beside left at the same time roll right knee across front of left leg
- &6 Step back on ball of right foot, step left foot across in front of right
- 7 Touch ball of right beside left at the same time roll right knee across front of left leg
- &8 Step back on ball of right foot, step left foot across in front of right

¼ TURN LEFT, COASTER STEP, ½ TURN LEFT, COASTER CROSS

- 1 Place ball of right foot to right side with toe pointed right to prep for turn.
- 2 Turn ¼ left shifting weight to right foot (you will be facing left side wall.)
- 3&4 Step back with left foot, step together with right, step forward with left
- 5-6 Place ball of right foot forward, turn ½ left shifting weight to right foot
- 7&8 Step back with left, step together with right, step left foot across front of right

"HEEL AROUND", CROSS, SYNCOPATED SIDE ROCK, CROSS, REPEAT

This is a move called "heel around" from a form of swing dancing called Carolina Shag

- 1 Bring inside of right heel in to back of left ankle (Achilles Tendon area), tip of right toe pointed down to floor, (not hooked behind), right knee out to right side, both legs slightly bent, turning left on ball of left foot to face left 45 degree angle
- 2 Step right foot across front of left foot
- &3-4 Rock left to left side squaring off with side wall, step slightly back with right foot, step left foot across front of right
- 5-8 Repeat above 4 counts

REPEAT

TAG

When using the song "Cowboy Blues" by Gary Allan, there is a 36 count intro and you will start with the vocals on the word "there." Then, there is a 4 count bridge after the 1st and 5th repetitions. On these repetitions, repeat the last 4 counts of the dance. This means you will do "heel around" 3 times on those repetitions. It helps to listen for the instrumental section where he whistles to know the second bridge is coming. This dance goes really well to many different swing style songs. Use your favorite.

-- Jo Thompson