

Continental Cowboy (P)

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 0 级数: Partner
编舞者: Unknown
音乐: Darlene - T. Graham Brown



Position: Done counterclockwise just inside the fast lane of the dance floor. Ladies and Gentlemen start in Sweetheart position, side by side, cape, open or whatever word you use teaching or are used to hearing. In any case, with both facing line of dance the Gentleman's right hand is across the Lady's back holding her right hand and the left hands are together in front about mid chest height on the Gentleman.

The following steps are for the Gentleman. The Lady's step mirror his. In other words she will be on the opposite foot from the Gentleman, but doing the same steps.

FOUR SHUFFLES

- 1&2 Shuffle forward left, right, left
- 3&4 Shuffle forward right, left, right
- 5&6 Shuffle forward left, right, left
- 7&8 Shuffle forward right, left, right

GRAPEVINES

- 9 Step left foot to left side (remember lady's go to right) (let go of left hand and slide right hand across lady's shoulders toward you and down her arm, hold hands side by side as you make your progress to the left with this grapevine)
- 10 Step right foot behind left foot
- 11 Step left foot to left side
- 12 Scuff or stomp right foot next to left foot (gentleman touch the brim of their hat in slight tip as lady's turn head to acknowledge courtesy)
- 13 Step right foot to right side (lady's start with left foot) (slide hand up arm and back across her back to original open position by completion of this grapevine to right)
- 14 Step left foot behind right foot
- 15 Step right foot to right side
- 16 Stomp left foot next to right foot (lady's stomp right foot)

HEEL CLICKS

- 17 With weight on right leg, swing left heel across front of right leg to click heels with lady's right heel
- 18 Stomp or touch left foot to left side
- 19 With weight on right leg, swing left heel across in back of right leg to click heels with lady's right heel in back of her leg
- 20 Stomp or touch left foot to left side
- 21 With weight on right leg, swing left heel across front of right leg to click heels with lady's right heel
- 22 Stomp or touch left foot to left side
- 23 With weight on right leg, swing left heel across in back of right leg to click heels with lady's right heel in back of her leg
- 24 Plant left foot (right foot for lady) firmly next to right foot

HIP BUMPS

(Be careful, I have seen 20 year relationships started here.)

- 25 Bump hips left (lady's bump right)
- 26 Bump hips left (lady's bump right)
- 27 Bump hips right (lady's bump left) together
- 28 Bump hips right (lady's bump left) together

STEP, PIVOT ½, STEP, PIVOT ½

(This is not the best of turns for the Gentleman because he has to go under his own arm from the seemingly wrong side. Its Okay, just make your turn under the arm quickly)

29 Step left foot forward (lady step forward with right foot) let go of right hands, lift and don't let go of left hands

30 Turn ½ right (lady turns left)

31 Step left foot forward (lady step forward with right foot)

32 Turn ½ right (lady turns left)

REPEAT
