

Back To Country

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Judi Overman
音乐: Country Mile - Debra Hart



BACK STEP & TURN, TOUCH & CLAP

1-2 Step back right foot & commence turning ½ right, complete turn touch & clap

FORWARD STEP & TURN, TOUCH & CLAP

3-4 Step forward left foot & commence turning ½ right, complete the turn touch & clap
5-8 Repeat beats 1-4

STEP FORWARD & DIAGONAL, TOUCH & SNAP (CLICK) FINGERS

9-12 Step right foot forward & diagonally right, touch left foot to center & snap fingers, step left foot forward & diagonally left, touch right foot to center & snap fingers

FORWARD "SKATE" 4 STEPS

13-16 Step right foot forward slightly diagonally, step left foot forward slightly diagonally, repeat "skate" step right & left

FORWARD STEP, ½ PIVOT LEFT & FORWARD KICK TURN ¼ LEFT & SIDE STEP, BACK STEP

17-20 Step right foot forward, pivoting on right foot turn ½ left, kick left foot forward, turn ¼ left & step left foot to left, step right foot back

CROSS STEP, HOLD, HEEL FORWARD, HOLD

21-24 Step left foot across & in front of right foot, hold a beat, place right heel forward & slightly diagonal right, hold a beat

CLOSE \ HEEL FORWARD, (3 TIMES), CLOSE & CLAP

&25 Close right foot to center, place left heel forward & slightly diagonal left
&26 Close left foot to center, place right heel forward & slightly diagonal right
&27-28 Close right foot to center, place left heel forward & slightly diagonal left, close left foot to center, clap

HEEL TWIST 3, HOLD

29-32 Weight forward to toes twist both heels to right, center, right, hold a beat
Place hands on hips while twisting & body is facing diagonally left ie . 45 degrees on 'hold'

LEFT 1/8 TURN & KICK (X3), BEHIND STEP right FOOT BEHIND - & RIGHT ¼ TURN

33-36 Turn body 1/8 to left, kick right foot forward & across body, swing the foot back, & forward again, step right foot slightly behind left while turning ¼ right

DIAGONAL LEFT KICK(X3), STEP left FOOT BEHIND right & TURN 1/8 left

37-40 Kick left foot forward & across body (turning body diagonally right), swing foot back, and again forward, back step left foot slightly behind right while turning 1/8 left (facing front again)

BACK HOP & FORWARD KICK, BACK STEP TWICE

41-44 Hop backward on left foot while kicking right foot forward, step back with right foot, hop backward on right foot while kicking left foot forward, step back with left foot

DIAGONAL LEFT STEP, LOCK, BACK STEP, TOE TOUCH, HEEL FORWARD (X3)

45-46 Step right foot forward. & diagonal, lock left foot behind right foot, step right foot
47&48 Back slightly & touch left toe at center, place left heel forward

49-50 Step left foot forward & diagonal, lock right behind left foot, step left foot
51&52 Back slightly & touch right toe at center, place right heel forward & slightly diagonal right
53-56 Repeat 45-48

STEP SIDE & SHIMMY (2), CLOSE, CLAP

57-60 Step left foot to left side & shimmy shoulders for two beats, close right foot to left, clap

HEEL TWIST (3), HOLD

61-64 Weight forward to toes twist both heels to left, center, left, hold a beat

Body is facing diagonally right on "hold"

REPEAT

The skate should have more of a gliding or skating movement, when, or if slower music is used
