

Applejack Country

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 0 级数: Phrased Improver
编舞者: Rob Fowler (ES) - August 2008
音乐: In The Country, Workin On It - Alan Gregory



Start on Vocals

Phrased Dance, A 32 counts, B 16 Counts - AAB, AAB, A, Restart, BB, AA, BB

PART A

Right Side Rock & cross shuffle, left side rock, behind side cross.

1,2 Rock right to right side (1), rock left to left side (2)
3&4 Cross right over left (3), step left to left side (&), cross right over left (4)
5,6 Rock left to left side (5), recover onto right (6)
7&8 Step left behind right (7), step right to right side (&), cross left over right (8)

Step right half turn, Step Right half turn, switch steps side, right, left, forward switches right left.

1,2 Step forward onto your right foot (1), half turn over your left shoulder (2)
3,4 Step forward onto your right foot (3), half turn over your left shoulder (4)
5&6 Point right to the right side (5), place right next to left (&), point left to left side (6)
7&8 Point forward right (7), place right next to left (&), point forward left (8)

Rock forward onto right & right coaster step, rock forward left ¾ turn

&1,2 Step onto left foot (weight)(&), rock forward onto right foot (1), recover back onto left foot (2)
3&4 step back onto right foot (3), step together next to right foot with left foot(&), Step right forward (4)
5,6 Rock forward onto to your left foot (5), recover onto your right foot (6),
7&8 ¾ turning shuffle left, Left(7), right(&), left(8), over your left shoulder

Box step, side, heel, & cross & heel

1,2 Cross right over left (1), step back onto right foot (2)
3,4 Step right to right side (3), cross step left over right (4)
5,6 Step right foot to right side, touch left heel to left side (6)
&7&8 Step left next to right side (weight)(&), cross right over left (7), Step right to right side (&), touch right heel to right side (8)

PART B

Forward right mambo, back left mambo, Step forward right ½ turn step, brush out out

1&2 Rock forward onto right foot (1) recover back onto left (&) step right next to left (2)
3&4 Rock back onto left foot (3) recover back onto right (&) step left next to right (4)
5 6 step forward onto right foot (5), half turn over your left shoulder (6)
7&8 Brush Right foot through (7) step right foot to right side(&) step left to left (8)

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1&2&, twist right heel to left, left toe to left(1), recover back to centre for (&) twist left heel to left, right toe to left(2) Bring back to centre
3&4& twist right heel and left toe to left (3) back to centre (&) Repeat again (4&)
5&6& twist left heel, right toe to right (5), recover back to centre (&), twist right heel and left toe to left (6) recover back to centre (&)
7&8& Twist left heel, right toe to right (7), recover back to centre (&), twist right heel and left toe to left (8) recover back to centre (&)

Sequence to dance is: x2 A's, B, x2 A's, B, 28 counts of A (making an extra quarter turn to right on count 28,

then start BB, AA, BB, AA
