

Friday Night Cowgirl

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Britta Lyngsø Jensen (DK) - July 2009
音乐: Friday Night Cowgirl - Wenche : (CD: Friday Night Cowgirl)



Intro: 16 count

Side Rock Cross R Hold, Side Rock Cross L Hold

1-2-3-4 R side rock, recover L, Cross R over L, Hold (12:00)
5-6-7-8 L side rock, recover R, Cross L over R, Hold

Chasse R, Chasse Box

1&2 Step Right to Right, Step Left next to Right, Step Right to Right (12:00)
3&4 Left $\frac{1}{4}$ left, Right beside Left, Left to Left. (3:00)
5&6 Right $\frac{1}{4}$ right, Left beside Right, Right to Right (6:00)
7&8 Left $\frac{1}{4}$ left, Right beside Left, Left to Left (9:00)

Kick Ball step R, Walk R-L, Step $\frac{1}{2}$ turn L, Shuffle R-L-R

1&2 Kick forward Right, Step Right beside Left, Step forward Left
3-4 Step forward Right, step forward Left
5-6 Step forward Right, $\frac{1}{2}$ turn Left (3:00)
7&8 Step Right forward, left beside Right, Right forward

Rock L, Recover R, Coaster L, Step R, $\frac{1}{4}$ Left, Cross Shuffle.

1-2 Rock forward Left, recover Right
3&4 Step back Left, Right to Left, step forward on Left
5-6 Step forward Right, $\frac{1}{4}$ Left (12:00)
7&8 Cross Right over Left, Left beside Right, Step forward Right.

Side Rock L, Behind Side Cross L, Side Rock R, Behind Side Cross R

1-2 Rock Left to Left side, Recover Right
3&4 Step left behind Right, Step Right to Right, Cross Left over Right
5-6 Rock Right to Right side, Recover Left
7&8 Step Right behind Left, Step Left to Left, Cross Right over Left

Side Rock L, Sailor $\frac{1}{4}$ L, Shuffle R-L-R, Step $\frac{1}{2}$ turn R

1-2 Rock Left to Left side, Recover Right
3&4 $\frac{1}{4}$ turn Left stepping back on Left, Step Right beside Left, Step Left forward (9:00)
5&6 Step Right forward, Left beside Right, Step Right forward
7-8 Step Left forward, $\frac{1}{2}$ turn Right (3:00)

Step L, Kick R, Step back R, Touch L cross over R, Step Lock Step, Scuff

1-2 Step forward Left, Kick Right
3-4 Step Right back, Touch Left Toe cross Right
5-6-7-8 Step Left forward, Lock Right behind Left, Step left forward, Scuff

Step $\frac{1}{2}$ turn Left, Rocking Chair, Forward R-L

1-2 Step forward Right, $\frac{1}{2}$ turn Left (9:00)
3-4-5-6 Rock forward Right, recover Left, Rock back Right, Recover Left
7-8 Step forward Right, Step forward Left

Start dance again.

