

Be A Redneck

拍数: 96 墙数: 4 级数: Phrased Intermediate
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音乐: It's All Right to Be a Redneck - Alan Jackson



Sequence: A-A-B-A-B-A-C-A-A-B(Restart after count 40)-A-A-A-A-A-A

PART A (16 COUNTS)

(STEP, TOUCH) x 4

- 1 .- RF step back diagonally
- 2 .- LF touch together, snap your fingers
- 3 .- LF step back diagonally
- 4 .- RF touch together, snap your fingers
- 5 .- RF step forward diagonally
- 6 .- LF touch together, snap your fingers
- 7 .- LF step forward diagonally
- 8 .- RF touch together, snap your fingers

PIVOT TURN X 2, STEP, TOUCH, STEP, TOUCH

- 1 .- RF step forward
- 2 .- ½ turn left
- 3 .- RF step forward
- 4 .- ½ turn left
- 5 .- RF step to side
- 6 .- Touch left toe diagonally
- 7 .- LF step to side
- 8 .- Touch right toe diagonally

PART B (48 COUNTS)

TOE STRUT X 2, STEP, TOGETHER, 2 KNEE POPS

- 1 .- Step right toe forward
- 2 .- Drop right heel
- 3 .- Step left toe forward
- 4 .- Drop left heel
- 5 .- RF step to side
- 6 .- LF step together
- & .- Bend both knees lifting heels slightly
- 7 .- Straighten both legs lowering heels softly
- & .- Bend both knees lifting heels slightly
- 8 .- Straighten both legs lowering heels softly

TOE STRUT X 2, STEP, TOGETHER, 2 KNEE POPS

- 1 .- Step left toe forward
- 2 .- Drop left heel
- 3 .- Step right toe forward
- 4 .- Drop right heel
- 5 .- LF step to side
- 6 .- RF step together
- & .- Bend both knees lifting heels slightly
- 7 .- Straighten both legs lowering heels softly
- & .- Bend both knees lifting heels slightly
- 8 .- Straighten both legs lowering heels softly

STEP, TOUCH, ¼ TURN, STEP, TOUCH, ¼ TURN, STEP, TOUCH, ¼ TURN, STEP, TOUCH

- 1 .- RF step to side
- 2 .- Left foot touch together
- 3 .- ¼ turn left, LF step to side
- 4 .- RF touch together
- 5 .- ¼ turn left, right foot step to side
- 6 .- LF touch together
- 7 .- ¼ turn left, left foot step to side
- 8 .- RF touch together

¼ TURN, STEP, TOUCH, STEP, TOUCH, MONTEREY TURN, ¼ TURN

- 1 .- ¼ turn, right foot step to side
- 2 .- Touch left forward
- 3 .- LF step to side
- 4 .- RF touch together
- 5 .- Touch right to side
- 6 .- ½ turn right, right foot together (weight on right)
- 7 .- Touch left to side
- 8 .- ½ turn left, left foot step together

TOE, HEEL, CROSS, SWIVEL, ¼ TURN, TOE, HEEL, CROSS, SWIVEL, TOE, KICK

- 1 .- Touch right toe next to left (right knee turned in) turning left heel to right
- 2 .- Touch right heel to side, turning left heel to left
- 3 .- RF cross over left, turning left heel to right
- 4 .- ¼ turn right, Touch left toe next to right (left knee turned in) turning right heel to left
- 5 .- Touch left heel to side, turning right heel to right
- 6 .- LF cross over right, turning right heel to left
- 7 .- Touch right toe next to left (right knee turned in) turning left heel to right
- 8 .- RF kick diagonally, turning left heel to left

CROSS, ROCK, TRIPLE STEP, ½ TURN, TRIPLE STEP, ROCK STEP

- 1 .- RF cross behind left
- 2 .- LF rock to side
- 3 .- RF step to side
- & .- LF step together
- 4 .- RF step to side
- 5 .- ½ turn left, left foot step to side
- & .- RF step together
- 6 .- LF step to side
- 7 .- RF rock forward
- 8 .- Recover

PART C (32 COUNTS)

GRAPEVINE, SCUFF, GRAPEVINE WITH ½ TURN, SCUFF

- 1- RF step to side
- 2 .- LF cross behind right
- 3 .- RF step to side
- 4 .- LF scuff near right
- 5 .- LF step to side
- 6 .- RF cross behind left
- 7 .- ¼ turn left, left foot step forward
- 8 .- ¼ turn left, right foot scuff

GRAPEVINE, TOUCH, WEAVE

- 1 .- RF step to side
- 2 .- LF step behind right
- 3 .- RF step to side
- 4 .- LF touch together
- 5 .- LF step to side
- 6 .- RF step behind left
- 7 .- LF step to side
- 8 .- RF step over left

POINT, CROSS, POINT, CROSS, ROCK STEP, ½ TURN TRIPLE STEP

- 1 .- LF point to side
- 2 .- LF cross over right
- 3 .- RF point to side
- 4 .- RF cross over left
- 5 .- LF rock to side
- 6 .- Recover
- 7 .- ½ turn left, left foot step to side
- & .- RF step together
- 8 .- LF step to side

STEP, HOLD, 1/2 TURN, HOLD, STEP, HOLD, ½ TURN, TOUCH

- 1 .- RF step forward
 - 2 .- Hold
 - 3 .- ½ turn left, left foot step in place
 - 4 .- Hold
 - 5 .- RF step forward
 - 6 .- Hold
 - 7 .- ½ turn left, left foot step in place
 - 8 .- RF touch together
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