

Got My Country On

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Yvonne Anderson (SCO) - January 2012
音乐: Got My Country On - Chris Cagle



Alternate track: for something faster with no restarts - Redneck Woman by Gretchen Wilson

Notes: Start on main vocal. The numbers in brackets [] indicate which wall you should be facing at the end of each movement. When using the recommended track there are 3 restarts during walls 2,4 and 5, Walls 2 and 5 dance counts 1-16 (wall 2 facing 6, wall 5 facing 12) start again, Wall 4 dance counts 1-24, (now facing 6) start again.

[1-8] RUNNING LOCK STEPS R and L, HOLD

- 1-4 Step R forward to right diagonal, Lock L behind right, Step R forward to right diagonal, Step L forward to left diagonal [10.30]
5-8 Lock R behind left, Step L forward to left diagonal, Step R to right squaring off to wall, Hold [12]

[9-16] KICK-BALL-HEEL, HOOK, STEP, TWIST, TWIST, HOLD

- 1-6 kick L forward, Step L in place, Touch R heel forward, Hook R heel across left shin, Step R forward [12]
7-8 On balls of feet twist 1/4 left, On balls of feet twist 1/4 right weight ends on left, Hold [12]
***RESTART: walls 2 & 5 (wall 2 facing 6 o'clock, wall 5 facing 12 o'clock)

[17-24] RIGHT COASTER STEP, HOLD, MAMBO 1/2 TURN LEFT, HOLD

- 1-4 Step R back, Step L beside right, Step R forward, Hold [12]
5-8 Rock L forward, Recover weight on R, Make 1/2 turn left stepping L forward, Hold [6]
***RESTART: wall 4 (facing 6 o'clock) ***

[25-32] ROLLING 1 and 1/4 LEFT, HOLD, ROCK BACK, RECOVER, SIDE, 1/2 RIGHT

- 1-4 Make 1/2 turn left stepping R back, Make 1/2 turn left stepping L forward, Make 1/4 turn left stepping R to side, Hold [3]
5-8 Rock L back behind right, Recover weight on R, Step L to left, On ball of L make 1/2 turn right hitching right in front of left shin [9]

[33-40] SIDE SHUFFLE, HOLD, LEFT CROSS ROCK, RECOVER, SIDE, HOLD

- 1-4 Step R to right, Step L beside right, Step R to right, Hold [9]
5-8 Rock L across right, Recover weight on R, Step L to left, Hold [9]

[41-48] RIGHT CROSS ROCK, RECOVER, SIDE, HOLD, STEP, 1/2 TURN RIGHT, STEP, HOLD

- 1-4 Rock R across left, Recover weight on L, Step R to right, Hold [9]
5-8 Step L forward, Make 1/2 turn right taking weight on R, Step L forward, Hold [3]

[49-56] HEEL LIFT 1/4 RIGHT, DROP, BEHIND, SIDE CROSS, HOLD, HEEL LIFT 1/4 LEFT, DROP

- 1-2 Lift both heels off floor, Make 1/4 turn right and drop heels to floor [6]
3-6 Step R behind left, Step L to left, Step R across left, Hold [6]
7-8 Lift both heel off floor, Make 1/4 turn left and drop heels to floor [3]

[57-64] ROCK BACK, RECOVER, SIDE, HOLD, BEHIND, 1/4 LEFT, STEP 1/2 TURN LEFT

- 1-4 Rock L back behind right, Recover weight on R, Step L to left, Hold [3]
5-8 Step R behind left, Make 1/4 turn left stepping L forward, Step R forward, Make 1/2 turn left taking weight on L [6]

REPEAT

