

Barefoot and Crazy

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner / Low Intermediate
编舞者: Earleen Wolford (USA) - January 2012
音乐: Barefoot and Crazy - Jack Ingram : (New single Remix or Radio version)



Start on vocals, both versions work great, no tags/no restarts, (country/non country music work)

[1-8] Cross Walks, Touch R, Hold, Touch L&R, ¼ turn R, Kick R

- 1, 2 Step R across L on slight 45% angle (1), Step L across R on slight 45% angle (2) (L take weight)
3, 4 Touch R toe out to R side (3), Hold (4)
&5,&6 Bring R next to L (&), Touch L toe out to L side (5), Bring L next to R (&), Touch R toe out to R side (6) (L take weight)
7, 8 Pivot ¼ R turn on L, keeping knee soft and low (7), Kick R foot forward low(8) (3:00)
(Beginners can do a touch instead of a Kick)

[9-16] Step R, Touch L/Repeat to L, Heel Taps L/R, Big L step forward, Touch R

- 9, 10 Step R to R (9), Touch L toe forward, slightly in front of R (10)
11, 12 Step L to L (11), Touch R toe forward, slightly in front of L (12)
&13&14 Bring R next to L (&), Touch L heel forward (13), Bring L next to L next to R (&), Tap L heel Forward (14)
&15, 16 Bring R ball of toe next to L (&), Big step forward on L, at the same time dragging R (15), Touch R next to L (16) (L take weight) (3:00)

[17-24] Step R, Step L behind R, Step ¼ turn R, Step out L, Step R Touch L w/Shake, Repeat to L

- 17, 18 Step to R out to R (17), Step L behind R (18)
19, 20 Step ¼ turn R on R (19), Step L out to L (20) (L take weight)
21-24 Step R to R (21), Touch L toe next to R (22), Step L to L (23), Touch R toe next to L (24) (6:00)

Note: 21-24, you're shaking your shoulders/hips on a slight angle leaning slightly down to R & to L

[25-32] ¼ R Turn Jazz Box, Roll knee R/L, Funky Feet Heel Twist

- 25-28 Cross R over L 1/8 Turn to R (25), Step back L 1/8 turn to R (26), Step R to R (27), Step L to L (28)
29, 30 Step R out to R, rolling R knee out/down (29), Step L out to L, rolling the L knee out/down (30)

Note: You should be even weight & pigeon toe position, on ball of toes to get ready for 31&32

- 31&32 Twist both heels in(31,)out(&), in(32) , with weight ending on L & have R heel up to be ready to start dance from the top (9:00)

Begin again!

Enjoy 'Barefoot and Crazy'! This is great music a great song, so just dance! Also, please feel free to use other music to do my dance, country or non country will work!