Born And Bred

拍数: 32

级数: Basic Beginner

编舞者: Jon Peppin (AUS) - February 2012

音乐: Blue Collar Done Turned Red - Gretchen Wilson : (Album: I Got Your Country Right Here)

Start Position: Feet together - with weight on L foot. Starts on vocals - 32 counts in - Rotation: Clockwise

STEP R, ROCK L, TOGETHER, HOLD, STEP L, ROCK R, TOGETHER, HOLD

- Step/rock R to R side, rock/replace weight onto L, step R beside L, hold for one count, 1,2,3,4
- 5,6,7,8 Step/rock L to L side, rock/replace weight onto R, step L beside R, hold for one count,

STEP FORWARD, ROCK BACK, TOGETHER, HOLD, STEP BACK, ROCK FORWARD, TOGETHER, HOLD

- Step/rock R forward, rock/replace weight back on L, step R beside L, hold for one count, 1,2,3,4
- 5,6,7,8 Step/rock L back, rock/replace weight forward on R, step L beside R, hold for one count,

STEP, LOCK, STEP, SCUFF, PADDLE TURN, CROSS OVER, HOLD

- Step R forward, lock L behind R, step R forward, scuff L forward, 1,2,3,4
- Paddle turn step L forward, pivot 90 degrees R weight on R, 5,6
- 7,8 Step L across in front of R, hold for one count,

SIDE, TOUCH, SIDE, TOUCH, VINE R, CROSS OVER

- 1,2 Step R to R side, touch L beside R,
- 3,4 Step L to L side, touch R beside L,
- 5,6,7,8 Step R to R side, step L behind R, step R to R side, step L across in front of R.

REPEAT DANCE IN NEW DIRECTION

As taught by the Travelling Cowboy. (Ph.0413.714725). Email: travellingcowboy@iprimus.com.au

Finish: Wall 11 - facing the back - dance to count 20 then change counts 21, 22, 23, to: -21.22.23 Step L forward, pivot 180 degrees R - weight on R, step L forward, and continue

dance to the finish.





墙数:4