

Growing Up Country

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Low Intermediate
编舞者: Donna Manning (USA) - January 2013
音乐: The Only Way I Know (with Luke Bryan & Eric Church) - Jason Aldean



Intro 32 quick beats after heavy drum beat ,start on lyrics

Sec. 1: Heel, Hook, Heel, Flick, Step, Together, Step

1,2,3,4 R heel touch front, R foot hook across L shin, R heel touch front, R heel flick to R side
5,6,7,8 R step forward, L together next to R, R step forward, HOLD

Sec. 2: Heel, Hook, Heel, Flick, Step, Together, Step

1,2,3,4 L heel touch front, L foot hook across R shin, L heel touch front, L heel flick to L side
5,6,7,8 L step forward, R together next to L, L step forward, HOLD

****RESTART HERE ON WALL 3 FACING 12:00****

Sec. 3: R Forward Rock, Recover, Step Back, L Back Coaster

1,2,3,4 R forward rock, Recover weight to L, Step back on R, HOLD
5,6,7,8 Step L back, Step R back together to L, Step L forward, HOLD

Sec.4: Step Half Turn, Press R to Side, Touch R to L Foot

1,2,3,4 Step R forward, Hold, Turn ½ L on ball of R taking weight to Left foot
5,6,7,8 Press R to R (squish the bug)(down on 5 recover weight to L on 6), Touch R next to L, HOLD

Sec. 5: Weave Right, Side Rock Cross, Hold

1,2,3,4 R to right side, L cross behind R, R to right side, Cross L over R
5,6,7,8 R side rock recover L and cross R over L, HOLD

Sec.6: Weave Left, Side Rock Cross, Hold

1,2,3,4 L to left side, R cross behind L, L to left side, Cross R over L
5,6,7,8 L side rock recover R and cross L over R, HOLD (angle body to diagonal)

Sec.7: R Forward Step Close Step to diagonal, L Cross Rock Recover, ½ Turn L

1,2,3,4 R forward to diagonal, Step L together, Step R forward to diagonal, HOLD
5,6,7,8 L forward Cross Rock, Recover to R, ½ Turn L Stepping forward on L to opposite diagonal, HOLD

Sec.8: R Forward Step Close Step to diagonal, L Cross Rock Recover, ½ Turn L

1,2,3,4 R forward to diagonal, Step L together, Step R forward to diagonal, HOLD
5,6,7,8 L Cross Rock, Recover R, ½ Turn L Stepping Forward on L, HOLD

END OF DANCE!!! HAVE FUN!!!

Contact: www.dancinfree.com