

Back In The Saddle

拍数: 64 墙数: 4 级数: Improver
编舞者: Yvonne Anderson (SCO) - September 2013
音乐: You Can't Count Me Out Yet - Travis Tritt : (Album: Strong Enough)



Notes: Start on vocal, Restart during wall 6 dance through to count 32 and restart facing 3 o'clock

[1-8] SIDE-BEHIND-1/4 RIGHT, HOLD, 1/4 RIGHT-BEHIND-1/4 LEFT, HOLD

1-4 Step R to side, Step L behind right, Make 1/ turn right stepping R forward, Hold [3]
5-8 Make 1/4 turn right stepping L to side, Step R behind left, Make 1/4 turn left stepping L forward, Hold [3]

[9-16] HEEL FORWARD, HOOK, HEEL FORWARD, FLICK, STOMP FORWARD, HEEL TWISTS

1-4 Touch R heel forward, Hook R heel across left shin, Touch R heel forward, Flick R heel back [3]
5-8 Stomp R forward and lean slightly forward, Twist both heels out, Twist both heel in, Recover weight on L [3]

[17-24] BACK-TOGETHER-BACK-TOGETHER, COASTER CROSS, HOLD

1-4 Step R back, Step L beside right, Step R back, Step L beside right [3]
(counts 1-4 feel like an extended shuffle back)
5-8 Step R back, Step L beside right, Step R across left, Hold [3]

[25-32] ROCK LEFT TO LEFT, RECOVER, SAILOR 1/4 TURN RIGHT, HOLD

1-4 Rock L to left pushing hips to left, Hold, Recover weight on R with hip sway [3]
5-8 Step L behind right, Make 1/4 turn right stepping R forward, Step L slightly forward [6]

[33-40] HITCH-BALL-HEEL, STEP 1/2 TURN LEFT

1-4 Hitch R knee, Step Ball of R slightly back, Touch L heel forward, Hold [6]
5-8 Step L beside right, Step R forward, Make 1/2 turn left taking weight on L, Hold [12]

[41-48] DIAGONL LOCK STEP FORWARD, HOLD, SIDE SHUFFLE, 1/4 RIGHT with Hitch

1-4 Step R forward to right diagonal, Lock L behind R, Step R forward to right diagonal, Hold [1.30]
5-7 Step L to left squaring off to wall, step R beside left, Step L to left [12]
8 On ball of L make 1/4 turn right and hitch right knee slightly [3]

[49-56] SIDE SHUFFLE, 1/4 RIGHT with HITCH , DIAGONAL LOCK STEP FORWARD, HOLD

1-3 Step R to right, Step L beside right, Step R to right [3]
4 On ball of R make 1/4 turn and hitch L knee slightly [6]
5-8 Step L forward to left diagonal, Lock R behind left, Step L forward to left diagonal, Hold [5.30]

[57-64] STEP FORWARD,HOLD, 1/2 LEFT, HOLD, STEP FORWARD, HOLD, 1/4 LEFT, HOLD

1-2 Step R forward squaring off to wall, Hold [6]
3-4 Make 1/2 turn left taking weight on L, Hold [12]
5-6 Step R forward, Hold
7-8 Make 1/4 turn left taking weight on L, Hold [9]

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