

Mountain Girl (P)

拍数: 32 墙数: 1 级数: Improver Partner
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音乐: Appalachian Mountain Girl - Alan Jackson : (Album: The Bluegrass - 2013)



Starting position: -

Man on lady's left side,

Man's right hand holds lady's right hand over lady's right shoulder

Man's left hand holds lady's left hand in front of the couple.

RIGHT ROCKING CHAIR, SHUFFLE FORWARD, LEFT ROCK STEP

1-2-3-4 MAN: Step right forward, recover left, step right back, recover left
1-2-3-4 LADY: Step right forward, recover left, step right back, recover left.

5-&-6 MAN: Step right forward, step left next right, step right forward
5-&-6 LADY: Step right forward, step left next right, step right forward

7-8 MAN: Step left forward, recover right.
7-8 LADY: Step left forward, recover right.

Shuffle back, Rock step, Stomp Twice

1-2 MAN: Left shuffle back (1-&-2)
1-2 LADY: Step left forward turning 180° left, step right forward turning 180° left

3-&-4 MAN: Right shuffle back
3-&-4 LADY: Left shuffle back

5-6-7-8 MAN: Left rock back, recover right, stomp left, stomp left.
5-6-7-8 LADY: Right rock back, recover left, stomp right, stomp right.

When the lady turns on counts 1 & 2 the couple holds right hands (lady passes under man's right arm).

Grape Vine, Turn

1-2-3-4 MAN: Step left forward turning 90° right, step right behind left, step left to side, close right next to left.
1-2-3-4 LADY: Step right forward turning 90° left, step left behind right, step right to side, close left next to right.

5-6-7-8 MAN: Step right forward diagonally left, step left forward turning 90° right, Step right over left, step left forward turning 90° right.
5-6-7-8 LADY: Step left back turning 180° right, step right forward turning 180° right, pivot turning 180 on right foot stepping left close to right, close right next to left.

Step, point, step, close, step and turn changing partner.

1-2-3-4 MAN: Step right forward, point left behind, step back on left, close right next to left
1-2-3-4 LADY: Step right forward, point left behind, step back on left, close right next to left

5-6-7-8 MAN: Step right forward diagonally to right, scuff left, step left forward turning 90° right, close right next to left
5-6-7-8 LADY: Step right diagonally forward to right, step left forward turning 180° right, step right to side, close left next to right.

On count 2 clap partner's hands in front of you.

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