

Rockin' Cowgirl

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Improver
編舞者: Kay Needham (USA) - October 2014
音樂: Holy Cowgirl - J Michael Harter : (Album: Ride On)



[1-8] R Rocking chair.... Rock, recover, 1/2 shuffle right

- 1 Step right forward
- 2 Recover weight to left foot
- 3 Step right foot back
- 4 Recover weight to left foot
- 5 Rock right forward
- 6 Recover weight on left
- 7&8 Turn ½ right and shuffle forward (R,L,R)

[9-16] L rocking chair..... L rock, recover, 1/4 shuffle left

- 1 Step left forward
- 2 Recover weight to right foot
- 3 Step left foot back
- 4 Recover weight to right foot
- 5 Step left forward
- 6 Recover weight to left foot
- 7&8 turn ¼ left and side shuffle (L,R,L)

[17- 24] R Step, cross, point L...L step, cross, point R....R Jazz box with cross

- 1 Step right foot forward (dipping down)
- 2 Point left foot to the L side
- 3 Step left foot forward (dipping down)
- 4 Point right foot to the R side
- 5 Cross step right over left
- 6 Step left foot back
- 7 Step right foot to the right side
- 8 Cross step left foot over right

[25 – 32] R Lindy,.... 2 toe/heel struts ---- (optional: 2 L Kick ball changes instead of struts)

- 1&2 Step to the right, left together, step right
- 3 Rock back on the left foot
- 4 Recover weight on the right foot
- 5, 6 L toe/heel strut to the left corner of the room
- 7, 8 R toe/heel strut to the left corner of the room

[33- 40] L Lindy ... 2 toe/heel struts----(optional: 2 R Kick ball changes instead of struts)

- 1&2 Step to the left, right together, step left
- 3 Rock back on the right foot
- 4 Recover weight on the left foot
- 5, 6 R toe/heel strut to the right corner of the room
- 7, 8 L toe/heel strut to the right corner of the room

[41- 48] turning 1/4 R cross R over left, recover, right side shuffle..... L cross over R, recover, left side shuffle

- 1 Turn ¼ right and step right across the left foot
- 2 Recover weight on left foot
- 3&4 Step right, step left together, step right (side shuffle)
- 5 Step left across right foot
- 6 Recover weight on right foot

7&8

Step left, step right together, step left (side shuffle)

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