

Blue Ridge Mountain Girl

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Improver
編舞者: Marie Sørensen (TUR) & Dwight Meessen (NL) - February 2015
音樂: Blue Ridge Mountain Girl - Jimmy Buckley : (www.amazon.com)



Intro: 32 Counts

S1: ROCK, HOLD, RECOVER, HOLD, BEHIND, SIDE, CROSS, HOLD

1-2 Rock right diagonal fwd. right, hold
3-4 Recover, hold
5-6 Cross right behind left, step left to the left side
7-8 Cross right over left, hold (12:00)

S2: ROCK, HOLD, RECOVER, HOLD, BEHIND, 1/4 TURN, STEP FWD. HOLD

1-2 Rock left diagonal fwd. left, hold
3-4 Recover, hold
5-6 Cross left behind right, 1/4 turn right, step fwd. right
7-8 Step fwd. on left, hold (03:00)

S3: STEP FWD, TAP, STEP BACK, HITCH, BACK, HITCH, BACK, HITCH

1-2 Step fwd. right, tap left toe back
3-4 Step back on left, hitch right
5-6 Step back on right, hitch left
7-8 Step back on left, hitch right (03:00)

S4: COASTER STEP, STOMP, STOMP, HOLD, STOMP, HOLD

1-2 Step back on right, step left next to right
3-4 Step fwd. on right, stomp fwd. left
5-6 Stomp fwd. right, hold and clap your hands
7-8 Stomp fwd. left, hold and clap you hands (03:00)

Restart the dance at this point, during wall 4, after 32 counts - Facing 06:00

S5: TOE STRUT RIGHT, LEFT, MAMBO ½ TURN RIGHT, HOLD

1-2 Tap right toe fwd. drop right heel
3-4 Tap left toe fwd. drop left heel
5-6 Rock fwd. right, recover
7-8 ½ turn right, step fwd. right, hold (09:00)

S6: SIDE, HOLD, BACK ROCK, RECOVER, SIDE, HOLD, BACK ROCK, RECOVER

1-2 Step left to the left side, hold
3-4 Back rock, recover
5-6 Step right to the right side, hold
7-8 Back rock left, recover (09:00)

S7: MAMBO, HOLD, COASTER, CROSS, HOLD

1-2 Rock fwd. on left, recover
3-4 Step left next to right, hold
5-6 Step back on right, step left next to right
7-8 Cross right over left, hold (09:00)

S8: BACK, TOUCH, BACK, TOUCH, COASTER CROSS, HOLD

1-2 Step back left, touch right beside left
3-4 Step back on right, touch left beside right

5-6 Step back on left, step right next to left
7-8 Cross left over right, hold (09:00)

RESTART - During wall 4, after 32 counts - Start the dance from the beginning, facing 06:00

Have Fun!

Contacts:-

Marie: sunshinecowgirl1960@gmail.com

Dwight: dwight_meesen@hotmail.com
