

Cowboy Up!!!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Conrad Farnham (USA) - June 2016
音樂: Cowboy Up - Jill Johnson : (CD: The Woman I've Become)



ROCK, RECOVER, COASTER STEP, HEAL FORWARD, ¼ TOE TURN, COASTER STEP

- 1,2,3&4 Rock forward on right, recover on left, step back on right, bring left next to right, step right forward
- 5,6,7&8 Place left heal forward, ¼ turn toes to the left, step back on left, bring right next to left, step left forward

TRAVELING HIP BUMPS x 2, OUT, OUT, IN, IN

- 1-4 Step right forward and bump hips to the right twice, step left forward and bump hips to the left twice
- 5-8 Step right forward and out, step left forward and out, bring right back to center, bring left back to center

LINDY, ROCK, RECOVER X 2

- 1&2,3,4 Step right to right side, step left next to right, step right to right side, rock back on left, recover on right
- 5&6,7,8 Step left to left side, step right next to left, step left to left side, rock back on right, recover on left

½ TURN LEFT HEAL SWITCHES X 8

- 1-4 Place right heal forward, replace with left forward, replace with right forward, replace with left forward
- 5-8 Place right heal forward, replace with left forward, replace with right forward, replace with left forward

Begin again

No Tags, No Restarts

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