

Cowgirl Swing

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Roger Neff (USA) - September 2016
音樂: Cowgirl Swing - Dave Sheriff



[1-8] □ Vine to R, Vine to L

1-2-3-4 Step to R, Step L behind R, Step to R, Touch L beside R
5-6-7-8 Step to L, Step R behind L, Step on L, Touch R beside L

[9-16] □ R Lock Steps Fwd, Swing Hips to L, Swing Hips to R

1-2-3-4 Step fwd on R, Lock L behind R, step fwd on R, Hold
5-6,7-8 Sway or swing hips to L for 2 counts, Sway or swing hips to R for 2 counts

(Note: You can also do 2 little bumps to the L and 2 little bumps to the R. Do whatever kind of swings, sways, or bumps that feel comfortable or that fit your idea of a "Cowgirl Swing"!)

[17-24] □ Rock Fwd on L, Recover, Step Back, Hold (or Low Kick), Step Back R, L, R, Hitch L and Turn ¼ to L

1-2-3-4 Rock fwd on L, Rec on R, Step back on L, Hold (or low kick with RF)
5-6-7-8 Walk back R, L, R, Hitch L and turn ¼ to L

[25-32] □ Rock to L, Recover, Cross, Rock to R, Recover, Cross, Step L

1-2-3-4 Rock to L, Rec on R, Step L over R, Rock to R
5-6-7-8 Rec on L, Step R over L, Step to L, Hold

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