

Country Girl Twerk

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Jamie Marshall (USA) - January 2017
音樂: Country Girl Twerk - Cypress Spring



#32 Ct Intro (Dance 3x, Bonus, Dance 3x, Bonus, Dance rest of way)

A. □ JUMP UP, HOLD, JUMP BACK, HOLD, SAILORS

&1,2 Jump forward R (&), L (1), (feet apart), Hold (2)
&3,4 Jump back R (&), L (3), (feet apart), Hold (4)
5&6 Cross R behind L (5), Step L to L (&), Step R to R (6)
7&8 Cross L behind R (7), Step R to R (&), Step L to L (8)

B. □ STEP, TWIST, STEP, TWIST, STEP, BEHIND, ¼ TRIPLE

&1,2 Step R to R, twisting knees to R (&), Touch L next to R (1), Twist knees to L, taking weight (2)
&3,4& Step R to R, twisting knees to R (&), Touch L next to R (3), Twist knees to L (4), Switch weight to R (&)
5,6 Step L to L (5), Cross R behind L (6)
7&8 Turn ¼ L, stepping L forward (7), Step R next to L (&), Step L forward (8)

C. □ ROCK, RECOVER, R COASTER, STEP, ½ PIVOT, FORWARD TRIPLE

1,2 Rock R forward (1), Recover onto L (2)
3&4 Step R back (3), Step L next to R (&), Step R forward (4)
5,6 Step L forward (5), Pivot ½ R, stepping R in place (6)
7&8 Step L forward (7), Step R next to L (&), Step L forward (8)

D. □ STEP KNEE ROLLS, HIP BUMPS R, BACK, L, CENTER

1,2 Touch R toe to R, lifting R hip (1), Roll knee outward to R as press heel to floor, lowering R hip (2)
3,4 Touch L toe to L, lifting L hip (3), Roll knee outward to L as press heel to floor, lowering L hip (4)
5,6 Bump hips to R (5), Bump hips back (6)
7,8 Bump hips to L (7), Bump hips to center (8) (weight on L)

BONUS – OPTIONAL TWERKING INSTEAD OF C-BUMPS – ¼ JAZZ TRIANGLE (8 counts danced 4 times (making full circle))

1& Touch R forward, and bump hips R (1), L (&)
2& Touch R back and bump hips R (2), L (&)
3& Touch R forward, and bump hips R (3), L (&)
4& Touch R back and bump hips R (4), L (&)
5,6 Cross R over L (5), Step L back (6)
7,8 Turn ¼ R, stepping R to R (7), Step L next to R (8)

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