

Medicine Bow

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Intermediate Contra
編舞者: Southern Maryland Boot Scooters - July 2017
音樂: It Ain't My Fault - Brothers Osborne



Dance starts on vocals - This is a Contra Line Dance

S1: Step hold, Step hold, Walk, Walk, Walk, Walk

1, 2 Step (R), hold
3, 4 Step (L), hold
5, 6, 7, 8 Walk (R), Walk (L), Walk (R), Walk (L)

S2: Kick and Touch, Kick and Touch, Sailor Step, Sailor Step

1 & 2 Kick right foot, step right, touch left toe to left side
3 & 4 Kick left foot, step left, touch right toe to side
5 & 6 Cross R behind L, step L to L side, step R to R side
7 & 8 Cross L behind R, step R to R side, step L to L side

Tag #1 here on wall 2 then restart dance

Tag #1 here on wall 4 then follow with Tag 2 then restart dance

Tag #1 here on wall 7 then follow with Tag 2 then restart dance

S3: Step Out, Out, In, In, Shuffle Back, Shuffle Back

1, 2 Step out R, Step out L
3, 4 Step in R, Step in L
5 & 6 Shuffle back R, L, R
7 & 8 Shuffle back L, R, L

S4: Grapevine to the Right, Rolling Grapevine to the Left

1, 2, 3, 4 Step R to R side, step L behind R, step R to R side, touch L next to R
5, 6, Step 1/4 turn L to L side, turn 1/4 turn L stepping on R
7, 8 Step 1/2 turn on L to front wall, touch R next to L

S5: Step Lock, Step, Step, Clap, Clap, Shuffle Back

1, 2, 3, 4 Step forward on R, slide L foot behind R, step forward R, step forward L
5, 6 Clap both hands with contra partner across to the L, clap both hands with contra partner across to the R
7 & 8 Shuffle back R, L R

S6: Shuffle Back, Coaster Step, Rock Recover, Behind and Cross

1 & 2 Shuffle back L, R, L
3 & 4 Step back R, step back L, Step R forward
5, 6 Rock L side, recover R
7 & 8 Step L behind R, step R to R, cross L over R

Restart the dance

Tag #1 □After 16 counts on wall 2, 4 and 7

1, 2 Step forward R, pivot 1/2 turn on L

Tag #2 □Immediately after Tag #1 on Wall 4 and 7

Paddle 1/2 Turn, Paddle 1/2 Turn

1&2&3&4 On ball of L foot, turn slightly as you touch R toe to side, repeat for total of 1/2 turn ending with weight on R foot. Option: Clap hands high on the "&" counts.

5&6&7&8 On ball of R foot, turn slightly as you touch L toe to side, repeat for total of ½ turn ending with weight on foot. Option: Clap hands high on the “&” counts.

Big Step, Slide, Touch, Touch, Repeat

1, 2 Step wide to R, slide L foot next to R
3, 4 Touch L toe to L side, touch L toe next to R
5, 6 Step wide to L, slide R foot next to L
7, 8 Touch R toe to R side, touch R toe next to L

Mambo Forward, Mambo Back, Out, Out, In, In

1 & 2 Step R forward, step L in place, step R beside L
3 & 4 Step L back, step R in place, step L beside R
5, 6 Step out R, step out L
7, 8 Step in R, step in L

Monterey Turn (1/2), Monterey Turn (1/2)

1, 2 Point R toe out to R side. Make 1/2 turn R stepping R beside L
3, 4 Point L toe out to L side. Step L beside R
5, 6 Point R toe out to R side. Make 1/2 turn R stepping R beside L.
7, 8 Point L toe out to L side. Step L beside R.

To END dance: Shuffle forward R and clap both hands with contra partners (left hand with left partner, right hand with right partner) and hold partners hands as you lift hands high.

Note: This dance was created by the team members while visiting The Medicine Bow Lodge in Wyoming. So the dance was named Medicine Bow.

Contact: Snowbird@md.metrocast.net
