

Countryholic

COPPER KNOB
STEPSHETS

拍數: 44 牆數: 2 級數: Intermediate
編舞者: Sarah A. Tucker (USA) - July 2017
音樂: Countryholic - Sons of the Palomino : (iTunes)



Intro: 16 counts

[1-8] TOE, HEEL, TOE, HEEL, TOE, HEEL, TOE, HEEL

1-2 right toe, heel forward
3-4 left toe, heel forward
5-6 right toe, heel forward
7-8 left toe, heel forward

[9-16] PIVOT OVER LEFT SHOULDER COMPLETING A HALF TURN

1-2 step RF forward and pivot 1/8 turn to left
3-4 step RF forward and pivot 1/8 turn to left
5-6 step RF forward and pivot 1/8 turn to left
7-8 step RF forward and pivot 1/8 turn to left

[17-24] STEP TO RIGHT SIDE AND TOUCH IN, OUT, IN (REPEAT ON L)

1-2 step to right and touch LF next to R
3-4 step LF to left and back next to R
5-6 step to left and touch RF next to L
7-8 step RF to right and back next to L

[25-32] STEP FORWARD AND BEGIN 4 QUARTER HITCHES TO THE LEFT

1-2 step RF forward and hitch left knee $\frac{1}{4}$ pivot to left
3-4 step LF forward and hitch right knee $\frac{1}{4}$ pivot to left
5-6 step RF forward and hitch left knee $\frac{1}{4}$ pivot to left
7-8 step LF forward and hitch right knee $\frac{1}{4}$ pivot to left

[33-40] STEP TO SIDE, BEHIND, SIDE, FORWARD, THEN BOX STEP

1-2 step RF to right side, step LF behind RF
3-4 step RF to right side, cross LF in front of right
5-6 cross RF over LF, step back on LF
7-8 step RF over to right, step LF next RF

[41-44] STOMP RF, LF AND SWIRL HIPS LEFT TO RIGHT

1-2 stomp RF, then LF
3-4 swirl hips left to right

Wall 1: restart after the 4 hitches

Wall 4: do first 16 counts of the dance and then restart

Wall 8: dance until the box step, then restart

Wall 9: Complete the full dance but add an additional "side, behind, side in front, box step", and then finish with 4 box steps to the left

(Option: End the dance by twirling a full turn to the left, if you wish.)

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