

Beginner Contra - Beginner Stroll

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Beginner Contra
編舞者: Violet Ray (USA) & Narelle Phillips (AUS) - August 2017
音樂: San Antonio Stroll - Tanya Tucker



Set up dancers into two equal lines facing each other about 2 metres apart.
One line facing 9.00 wall and one line facing 3.00 wall.

Intro: 16 Counts from Heavy Beat.

VINE RIGHT, HEEL HOOK (2X)

1-2 Step right foot to right side, left foot behind right foot
3-4 Step right foot to right side, tap left foot next to right foot
5-6 Left heel forward (45 degrees left), left foot hook across shin of right foot
7-8 Left heel forward (45 degrees left), left foot hook across shin of right foot

VINE LEFT, HEEL HOOK (2X)

1-2 Step left foot to left side, right foot behind left foot
3-4 Step left foot to left side, tap right foot next to left foot
5-6 Right heel forward (45 degrees right), right foot hook across shin of left foot
7-8 Right heel forward (45 degrees right), right foot hook across shin of left foot

FORWARD LOCK STEPS (The line of Dancers will walk past each other in the forward lock steps)

1-2 Step right foot forward (45 degrees right), cross left foot behind right foot
3-4 Step right foot forward (45 degrees right), tap left foot next to right foot
5-6 Step left foot forward (45 degrees left), cross right foot behind left foot
7-8 Step left foot forward (45 degrees left), tap right foot next to left foot

STEP POINT BACKING UP

1-2 Step right foot back, point left toe to left side
3-4 Step left foot back, point right toe to right side
5-6 Step right foot back, point left toe to left side
7-8 Step left foot back, point right toe to right side

REPEAT

My Beginner Linedancers loved this dance as a Contra. Cheers Narelle
Contact: narellep15@gmail.com