

Get Along Home Cindy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Improver
編舞者: Roger Neff (USA) - December 2017
音樂: Get Along Home Cindy - Merle Haggard



Intro: 32 counts

[1-8] R AND L HEEL TOUCHES, R TOE FAN, L TOE FAN, R SWIVET, L SWIVET

1&2& Touch R heel forward, Step home, Touch L heel forward, Step home
3&4& Fan R toe out, in, Fan L toe out, in
5&6 Pivot R on ball of LF and heel of RF in 3 stages or "bounces"
7&8 Pivot L on ball of RF and heel of LF in 3 stages or "bounces"

[9-16] TOE STRUTS BACK: R, L, R, L, R COASTER STEP, L KICK BALL CHANGE

1&2& Step on ball of RF, Drop heel, Step back on ball of LF, Drop heel
3&4& Step back on ball of RF, Drop heel, Step back on ball of LF, Drop heel
5&6 Step back on R, Step back L beside R, Step forward on R
7&8 Low kick with LF, Step on L, Step on R

[17-24] ROCK FWD ON L, RECOVER ON R, TRIPLE STEP ½ TURN OVER L SHOULDER (6:00) TRIPLE STEP OVER L SHOULDER MAKING ½ TURN, L COASTER STEP (12:00)

1&2 Rock forward on L, Tap R toe beside L, Recover on R,
3&4 Triple step back LRL with ½ turn over L shoulder (6:00)
5&6 Triple step forward RLR with ½ turn over L shoulder (12:00)
(Optional steps: instead of turning shuffle steps, shuffle straight back.)
7&8 Step back on L, Step back on R beside L, Step forward on L

[25-32] SHUFFLE FWD R,L,R, SHUFFLE FWD L,R,L - R TOE-HEEL STOMP, L TOE-HEEL STOMP

1&2,3&4 Shuffle forward RLR, Shuffle forward LRL
5&6 Touch R toe toward instep of LF, Scuff R heel, Stomp on RF
7&8 Touch L toe toward instep of RF, Scuff L heel, Stomp on LF

Contact Roger at: lingofun@sbcglobal.net