Mama's Good Lookin' Country Boy

級數: Beginner

編舞者: Pat Newell (USA) - April 2018

音樂: Country As a Boy Can Be - Brady Seals

Senior Starter Series

拍數: 32

Learning: diagonal steps, walk back with hitches, vine to ¼ turn, rocking chair, pivots, jazz box

Start on "I Picked" - No Tags, No Restarts

STEP SLIDE STEP TOUCH DIAG FWD, RIGHT AND LEFT

- 1-4 Step R diag fwd, slide L next to R, step R fwd, touch L
- 5-8 Step L diag fwd, slide R next to L, step L fwd, touch R

WALK BACK 3 TIMES, HITCH L, LEFT VINE TO ¼ LEFT 9:00

- 1-4 Walk back R, L, R hitch L
- 5-8 Step L to L, step R behind L, turn 1/4 L, brush R 9:00

4 COUNT ROCKING CHAIR, ½ PIVOT L, ¼ PIVOT L 12;00

- Rock R forward, recover on L, rock R back, recover on L 1-4
- 5-8 Step forward on R, pivot 1/2 L, step forward on R, pivot 1/4 L 12:00

JAZZ BOX ¼ RIGHT, 4 COUNT ROCKING CHAIR

- 1-4 Cross R across L, step back on L, step 1/4 R on R, step down on L 3:00
- Rock R forward, recover on L, rock R back, recover on L 5-8

*Note that body momentum is headed forward so very easy to start dance again.

START AGAIN

DANCE FOR THE HEALTH OF IT





牆數: 4