

# Cornbread Fed

拍數: 64      牆數: 4      級數: High Intermediate ECS  
編舞者: Carolyne SABATIER (FR) - July 2018  
音樂: Cornbread Fed - Milton Patton



Count In: Start 16 counts

## [1-8] Heel Grind ¼ turn R- Coaster R- Rock L Forward- Full Triple Back

1 2            Dig R heel forward (1), ¼ turn R weigh on L foot (2) 03.00  
3&4           step back on R (3), L beside R (&), step R forward (4) 03.00  
5 6            Rock L forward (5), recover weigh on R (6) 03.00  
7&8           ½ turn L step L forward (5), ½ turn L step back on R (&), ½ turn L step L forward (6) 09.00

Restart here at the 3th repetition (facing 3:00)

## [9-16] ¼ Turn L Side R Step- Touch L- Kick Ball Cross- Side Rock L- Behind Side Cross

1 2            ¼ turn L side R step (1), touch L beside R (2) 06.00  
3&4           Kick L on diagonal (3), ball step on L (&), cross R over L (4), 06.00  
5 6            Side L rock (5), recover weight on R (6) 06.00  
7&8           cross L behind R (7), side R step (&), cross L over R (8), 06.00

## [17-24] Side Rock R- ¼ turn R Back Rock R- 2 Pivot Half Turn

1 2            side R rock (1), recover weigh on L (2) 06.00  
3 4            ¼ turn R back R rock (3), recover weigh on L (4), 09.00  
5 6            step R forward (5), pivot half turn L (6) 03.00  
7 8            step R forward (7), pivot half turn L (8) 09.00

Restart here at the 6th repetition (facing 6:00)

## [25-32] Syncopated Rock R & L forward- Back Step L & R- Coaster step

1 2            rock R forward (1), recover weigh on L (2) 09.00  
&3 4           R next to L (&), rock L forward (3), recover weigh on R (4) 09.00  
5 6            step back on L (5), step back on R (6) 09.00  
7&8           step back on L (7), R beside L (&), step L forward (8) 09.00

## [33-40] Step Forward R- ½ Turn R step Back L- Triple Back- Rock Back- Triple Forward

1 2            Step R forward (1), ½ turn R step back on L 03.00  
3&4           step R back (5), L beside R (&), step R back (4) 03.00  
5 6            rock back on L (5), recover weigh on R (6) 03.00  
7&8           step L forward (7), R beside L (&), step L forward (8) 03.00

## [41-48] Kick R Ball Point L- Kick L ball Point R- Jazz Box Cross

1&2           Kick R forward (1), ball step on R (&), L side touch (2) 03.00  
3&4           kick L forward (3), ball step on L (&), R side touch (4) 03.00  
5 6            cross R over L (5), L back step (6) 03.00  
7 8            side R step (7), cross L over R (8) 03.00

## [49-56] Side Hold- Ball Side Touch- Rolling Vine With Triple

1 2            Stomp R (1), Hold (2) 03.00  
&3 4           ball step on L (&), side step on R (3), touch L beside R (4) 03.00  
5 6            ¼ turn L step L forward (5), ½ turn L step R back (6) 12/6  
7&8           ¼ turn L side L step (7), R beside L (&), side L step (8) 03.00

## [57-64] Cross- Point – Back Together- Triple Forward- ½ pivot L

1 2            cross R over L (1), side L point (2) 03.00

3 4            step L back (3), R beside L (4) 03.00  
5&6            step L forward (1), R beside L (&), step L forward (6) 03.00  
7 8            step R forward (7), pivot half turn L (8) 09.00

**HAVE A GOOD FUN.....ENJOY!!!!**

**Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.**

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