

In a Country Style

拍數: 32 牆數: 4 級數: Improver
編舞者: Cindi Massengale - September 2018
音樂: Country Style - Nitro Express



*1 x 8 count Tag – End of Wall 5

R Rock, recover, weave, R ¼ turn kick, coaster step

1, 2, 3 & 4 - Rock RF to R, recover LF, Step RF behind LF, Step LF to L side, Step RF across LF
5,6 - LF step L, Pivot on ball of LF ¼ turn R kick RF (3:00)
7 & 8 - (Coaster) step RF back, step LF back next to RF, step RF forward

L Rock, recover, weave, 2 Hip Bumps

1, 2, 3 & 4 - Rock LF to L, recover RF, Step LF behind RF, Step RF to R side, Step LF across RF
5&6 - [Strut & bump] RF touch forward/bump hips right (5), bump hips left (&), RF step down/bump hips right (6)
7 & 8 - [Strut & bump] LF touch forward /bump hips left (7), bump hips right (&), LF step down/bump hips left (8)

Jazz Box ¼ turn R, Full L turn, R shuffle

1-2 - Cross RF over LF, Making ¼ turn R step LF back (6:00)
3-4 - Step RF to R, Step LF slightly to L
5,6, 7& 8 - ½ L turn stepping back onto RF (12:00) – ½ L turn stepping fwd onto L F (6:00), Shuffle fwd RLR

(Counts 5, 6 can be modified to 2 steps forward (RF, LF – 6:00) for those not wanting to do a full turn)

R ¼ turn, L Shuffle, Rock & Heel & claps

1,2, 3&4 - LF step fwd, Pivot on ball of LF ¼ turn R step RF fwd (9:00), shuffle fwd LRL
5,6, &7, &8 - Rock step RF fwd (5), recover on LF(6), step RF next to LF (&), touch left heel fwd (7), hands Clap, Clap (&8)
& - Recover on LF (ready to start the dance again on the RF)

TAG: 8ct Tag Here – End of Wall 5– Hip Bumps R & L, Hips sway RLRL

1&2 - [Strut & bump] RF touch forward/bump hips right (1), bump hips left (&), RF step down/bump hips right (2)
3&4 - [Strut & bump] LF touch forward /bump hips left (3), bump hips right (&), LF step down/bump hips left (4)
5,6,7,8 – Step RF to R, sway hips, RLRL, ending with weight on LF

Step sheet written by Cindi Massengale
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