

Cowboys & Cowgirls

拍數: 32 牆數: 4 級數: Beginner
編舞者: Karianne Heimvik (NOR) - December 2018
音樂: Achy Breaky Heart - Billy Ray Cyrus
或: any song with a 4/4 count, steady beat



(1-8) Right K- step

1,2 Step RF diagonally fwd to right, touch LF next to RF
3,4 Step LF diagonally fwd to left, touch RF next to RF
5,6 Step RF diagonally back to right, touch LF next to RF
7,8 Step LF diagonally back to left, touch RF next to LF

(9 – 16) RF Back, LF heel tap, LF step, RF toe tap, repeat

1,2 step back on RF, tap LF heel fwd
3,4 step LF in place, tap RF toes back
5,6 step back on RF, tap LF heel fwd
7,8 step LF in place, tap RF toes back

(17-24) RF fwd step, touch, LF fwd step, touch, ¼ turn to left, touch, side step, touch

1,2 step fwd on RF, touch LF next to RF
3,4 step fwd on LF, touch RF next to LF
5,6 make ¼ turn to left stepping RF to right, touch LF next to RF
7,8 step LF to left, touch RF next to LF

(25 – 32) Right dip, left dip, RF in, LF in, swivel

1,2 step RF to right, touch LF to left (bend your knees and dip from left to right, straighten legs as you touch LF)
3,4 step LF to left, touch RF to right (bend your knees and dip from right to left, straighten legs as you touch RF)
5,6 step RF in, step LF in
7,8 have weight on right heel and left toe and swivel both toes to right, return feet to center

End of dance!

Enjoy, have fun and SMILE!