

Matchfox (L/P)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner (Line / Partner)
編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - May 2018
音樂: Drive Myself to Drink - John Rich



A Compact Foxtrot

Alt. music: Turn Out The Lights (Gene Watson) [118 bpm]; any slow to fast music suitable for foxtrot

Note: Steps are described for Lead, unless otherwise noted. Start in closed ballroom hold. When done as a line dance, follow Lead steps.

BASIC FORWARD AND BACK

- 1-4 Step LF FWD (S), step RF FWD (S)
- 5-6 Step LF to L (Q), RF to LF (Q)
- 1-4 Step LF back (S), step RF back (S)
- 5-6 Step LF to L (Q), step RF to LF (Q)

LEFT TURNING HALF BOX

- 1-4 Step LF FWD with toe turned out to initiate a ¼ turn L (S), step RF to R finishing the ¼ turn L (Q), LF to RF (Q)
- 5-8 Step RF back with toe in to initiate a ¼ turn L (S), step LF to L finishing the ¼ turn L (Q), RF to LF (Q)

SWAY LEFT AND SWAY RIGHT

- 1-2 Step LF to L and raise arms on L side (so upper body curves away from step direction) and swing RF to LF (or touch R toe beside LF) (S)
- 3-4 Step RF to R and lower arms on L side (so upper body curves away from step direction) and swing LF to RF (or touch L toe beside RF) (S)
- 5-6 Step LF to L (Q), RF to LF (Q)

UNEVEN RHYTHM VINE L FOR LEAD (OUTSIDE TURN FOR FOLLOW)

- 1-2 Step LF to L and raise R hand to lead an outside turn (Follow: Step ¼ turn R) (S)
- 3-4 Step RF behind LF and circle R hand around Follow's head (Follow: Step LF through and pivot ¾ R on ball of RF leaving R toe in place so end with R leg crossed in front of L leg) (S)
- 5-6 Step LF to L and resume closed ballroom hold (Follow: Step RF to R) (Q), step RF to LF (Follow: Step LF to RF) (Q)

Variation: Even rhythm vine L (LF to L, RF behind LF, LF to L, RF in front of LF, LF to L, RF to LF)

START OVER
