

Country Mile

拍數: 48 牆數: 4 級數: Improver
編舞者: Tina Argyle (UK) - May 2019
音樂: Country Mile - Lisa McHugh : (iTunes)



Count In : 16 counts from start of track approx 10 seconds into track

Stomp, Stomp. Sailor Step. Behind $\frac{3}{4}$ unwind, Side Rock, Recover.

1-2 Stomp R forward and slightly out, Stomp L forward and slightly out
3&4 Cross R behind L, Step L to L side, step R to R side
5-6 Touch L behind R, Make $\frac{3}{4}$ turn L to face 3 o'clock with weight on L (3 o'clock)
7-8 Rock R to R side, recover weight onto L

Cross, Side, Behind Side Cross, $\frac{1}{4}$ Turn Side Step, Shuffle Forward

1-2 Cross R over L. step L to L side
3&4 Cross R behind L, step L to L side, cross R over L
5-6 Make $\frac{1}{4}$ turn R stepping back L, step R to R side (6 o'clock)
7&8 Step fwd L, close R at side of L, step fwd L

Full Turn Fwd (or walk,walk).Mambo Step. Coaster Step, Step $\frac{1}{4}$ Turn

1-2 Make $\frac{1}{2}$ turn L stepping back R, Make $\frac{1}{2}$ turn L stepping fwd L
3&4 Rock fwd onto R, recover weight onto L, step back R
5&6 Step back L, step back R, step fwd L
7-8 Step fwd R make $\frac{1}{4}$ turn left onto L (3 o'clock)

Cross,Side Sailor $\frac{1}{2}$ Turn. Side Rock Recover Ball Side Rock Recover

1-2 Cross R over L, step L to L side
3&4 Cross R behind L Make $\frac{1}{4}$ turn R stepping L to L side, Make $\frac{1}{4}$ turn R stepping R to R side (9 o'clock)
5-6 Rock L to L side, Recover
& Step L at side of R
7-8 Rock R to R side, Recover

Sailor Step x 2. Rock Forward Recover, $\frac{1}{2}$ Turn, Walk Fwd Right, Left

1&2 Cross R behind L, step L to L side, step R to R side
3&4 Cross L behind R, step R to R side, step L to L side
5-6 Rock fwd R, recover weight onto L
7-8 Make $\frac{1}{2}$ turn R stepping fwd R, step fwd L (3 o'clock)

*** Re start here during wall 1 facing 3 o'clock ***

Rock Fwd Recover Ball Walk Back L,R Rock Back Recover Ball Walk Fwd R,L

1-2& Rock fwd R recover, step R at side of L
3-4 Walk back L then R
*** Re start here during wall 3 by replacing count 4 with a touch facing 9 o'clock wall
5-6& Rock back L recover, step L at side of R
7-8 Walk forward R then L

*** Re starts during walls 1 & 3 see notes in script.***

Last Update - 12 June 2019