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 ¾ 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 ¾ 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, ¼ 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 ¼ 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 ¼ Turn

1-2	Make ½ turn L stepping back R, Make ½ 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 ¼ turn left onto L (3 o'clock)

Cross,Side Sailor ½ 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 ¼ turn R stepping L to L side, Make ¼ 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, ½ 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 ½ 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