

拍數: 16 牆數: 4 級數: High Improver 編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - August 2021

音樂: Country In Me - Lauren Alaina 或: What's Forever For - Anne Murray



Note: No tags or restarts.

Starting Position: Weight on LF facing 12:00 wall.

## [1-8] WALK FWD, WALK FWD, LOCK, STEP FWD, FWD $\frac{1}{4}$ L, THIRD, CROSS, SIDE, BEHIND, SIDE SWAY L, SWAY R

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1	Step RF FWD
2a	Step LF FWD (2), lock RF behind LF (a)
3	Step LF FWD
4a	Step RF FWD and pivot ¼ L (4), slide LF to heel of RF (third position) (a)
5	Cross RF over LF
6a	Step LF to L (6), cross RF behind LF (a)
7	Step LF to L and sway hips L
8	Sway hips to R and transfer weight to RF in place

## [9-16] TOUCH BEHIND, UNWIND AND FALL, CROSS, SIDE, BEHIND, PRESS L, RECOVER, PRESS R, RECOVER

1	Touch toe of LF behind RF (keep full weight on RF) and bend R knee slightly
2&	Straighten R knee while transferring weight to ball of LF and rotate $\frac{1}{2}$ L in the process (2), fall on RF to R (&)
3	Cross LF over RF
4a	Step RF to R (4), slide LF to heel of RF (third position) (a)
5	Cross RF over LF and press into floor by moving hips slightly FWD toward RF (maintain an upright stance)
6a	Push off RF (leaving slight weight on RF touching floor) and recover on LF (6), step RF beside LF and twist slightly R (a)
7	Cross LF over RF and press into floor by moving hips slightly FWD toward LF (maintain an upright stance)
8a	Push off LF (leaving slight weight on LF touching floor) and recover on RF (8), step LF beside RF and square up (a)

## **START OVER**

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