

Lot of Country

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Marian van der Heijden (NL) - February 2022
音樂: There's a Whole Lot of Country - Duo Two Of A Kind



Intro: 32 counts from 1e beat

Points, flick, side, close, shuffle forward

- 1 RF point R side
- 2 RF point cross over LF
- 3 RF point R side
- 4 RF bend behind L knee
- 5 - 6 RF step R side - LF close
- 7 & 8 RF step fwd - LF close - RF step fwd

Points, flick, side, close, shuffle back

- 1 LF point L side
- 2 LF point cross over RF
- 3 LF point L side
- 4 LF bend behind R knee
- 5 - 6 LF step L side - RF close
- 7 & 8 LF step back - RF close - LF step back

Rock step back, R + L shuffles forward, Rock step forward

- 1 - 2 RF rock back - recover on LF
- 3 & 4 RF step fwd - LF close - RF step fwd
- 5 & 6 LF step fwd - RF close - LF step fwd
- 7 - 8 RF rock fwd - recover on LF

Weave R, chassé R, 1/4 turn L rock step back

- 1 - 2 RF step R side - LF cross behind
- 3 - 4 RF step R side - LF cross over
- 5 & 6 RF step R side - LF close - RF step R side
- 7 1/4 turn L, LF rock back
- 8 Recover on RF

Weave L, chassé L, rock step back

- 1 - 2 LF step L side - RF cross behind
- 3 - 4 LF step L side - RF cross over
- 5 & 6 LF step L side - RF close - LF step L side
- 7 - 8 RF rock back - recover on LF

Toe strut forward, step, pivot 1/2 turn R, Toe strut forward, step, pivot 1/2 turn L

- 1 - 2 RF step fwd on toe - put heel down
- 3 - 4 LF step fwd - LF+RF turn 1/2 R
- 5 - 6 LF step fwd on toe - put heel down
- 7 - 8 RF step fwd - RF+LF turn 1/2 L

Kick, step back, heel swivels, (x 2) R + L

- 1 - 2 RF kick fwd - RF step back
- 3 (on toes) twist heels R
- 4 twist heels back to center

5 - 6 LF kick fwd - LF step back
7 (on toes) twist heels L
8 twist heels back to center

Monterey turn 1/4 R, jazzbox 1/4 turn R

1 RF point R side
2 RF close 1/4 turn R
3 - 4 LF point L side - LF close
5 - 6 RF cross over - LF step back
7 - 8 RF step fwd 1/4 turn R - LF close

Start over again!

Restart: dance the 5th wall up to session 2 (count16) and start over

Finish: dance the end up to first shuffle of session 3 (count 20), LF step fwd and LF+RF turn 1/4 R [12]
