

Some Easy Steps

拍數: 32 牆數: 4 級數: Absolut Beginner
編舞者: Sandra Schuler (CH) - June 2022
音樂: I Wish That I Could Fall In Love - Blaine Larsen : (Album: She Was Country
When Country Wasn't Cool: A Tribute To Barbara Mandrell)



Starts after 32 counts

Section 1 K-Step (diagonal Step, Touch/Snap, diagonal back, Touch/Snap, diagonal back, Touch/Snap, diagonal Step, Touch/Snap)

1, 2 step RF diagonal r forward, touch LF beside RF (with snap)
3, 4 return LF diagonal l back, touch RF beside LF (with snap)
5, 6 step RF diagonal r back, touch LF beside RF (with snap)
7, 8 return LF diagonal l forward, touch RF beside LF (with snap)

Section 2 Heel-Switches, 2 x Heel-Swivel

1, 2 touch RHeel forward, put RF beside LF
3, 4 touch LHeel forward, put LF beside RF
5, 6 turn both heels to the right and back to the center
7, 8 turn both heels to the right and back to the center (weight at the end on LF)

Section 3 Side, Touch, Side, Touch, ¼-Turn l/ Side, Touch, Side, Touch

1, 2 step RF to right side, touch LF beside RF
3, 4 step LF to left side, touch RF beside LF
5, 6 ¼-turn left/step RF to right side, touch LF beside RF
7, 8 step LF to left side, touch RF beside LF

Section 4 V-Step (Out-Out-In-In), Toe-Heel-Splits (toes out, heels out, heels in, toes in)

1, 2 step RF out into R diagonal, step LF out into L diagonal
3, 4 return RF diagonal l back, put LF beside RF (weight at the end on both feet)
5, 6 Split both toes out, split both heels out
7, 8 return heels to centre, return toes to centre (weight at the end on LF)

Some alternative tracks:

I Know Some Cowboys von Jenny Tolman – 158 bpm
Honky Tonk Boots von Sammy Kershaw – 130 bpm
Friday Night Cowgirl von Wenche – 128 bpm
Hey Bartender von Blues Brothers Tribute Band – 142 bpm

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