

# Stars and Stripes Forever AB

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 2                      級數: Absolute Beginner  
編舞者: Jan Cook (USA) - January 2023  
音樂: Stars And Stripes Forever (Marine Band Version) - John Philip Sousa



This very simple dance was choreographed for a presentation for the Daughters of the American Revolution (DAR) regarding the health benefits of line dancing and to honor the selection John Philip Sousa's March, The Stars and Stripes Forever, as the theme of the Wright Administration

Start after 8 counts. No tags, no restarts.

## SECTION 1 – Walk Forward R, L, Triple in place, Walk Forward L, R, Triple in place

1-2                      Walk R, Walk L.  
3&4                      Step R beside L, Step L beside R, Step R beside L  
5-6                      Walk L, Walk R  
7&8                      Step L beside R, Step R beside L, Step L beside R (12:00 o'clock)

## SECTION 2 - Side R Together, Side, Touch, Side L, Together, ¼ Turn L, Brush

1-4                      Step R to R, Step L beside R, Step R to R, Touch L beside R  
5-8                      Step L to L side, Step R beside L, Turn ¼ to L as you step with L, Brush R (9:00 o'clock)

## SECTION 3 – Rock Forward R / Recover, Triple in place, Rock Forward L / Recover, Triple in place

1-2                      Rock Forward on R, Recover on L  
3&4                      Step R beside L, Step L beside R, Step R beside L  
5-6                      Rock Forward on L, Recover on R  
7&8                      Step L beside R, Step R beside L, Step L beside R (9:00 o'clock)

## SECTION 4 - Vine R to R, Vine L to L with quarter turn

1-4                      Step R to R, Step L crossing behind R, Step R to R, Touch L beside R  
5-8                      Step L to L, Step R crossing behind L, Turn ¼ to L as you Step L, Touch R beside L (6:00)

## REPEAT

Notes – if the triple step is too hard for your absolute beginners, you can substitute the following for Sections 1 and 3 which replaces the triple step with a Hold in each of these sections:

## SECTION 1 - Walk Forward R, L, R, Hold, Walk Forward L, R, L, Hold

1-2                      Walk R, Walk L.  
3-4                      Step R beside L, hold count 4  
5-6                      Walk L, Walk R  
7-8                      Step L beside R, Hold Count 8 (12:00 o'clock)

## SECTION 3 – Rock Forward R / Recover, Together, Hold, Rock Forward L / Recover, Together, Hold

1-2                      Rock Forward on R, Recover on L  
3-4                      Step R beside L, hold count 4  
5-6                      Rock Forward on L, Recover on R  
7-8                      Step L beside R, Hold Count 8 (9:00 o'clock)

Since this is a two-wall dance, it can also be done in contra with more experienced dancers for a more challenging and entertaining presentation. Sharp, military styling can also enhance the dance.

- Alternate Music for non-patriotic occasion – and styling would change in keeping with the music:
  - o All That Heaven Will Allow – The Mavericks (thanks Cassandra Jones for this one!)
  - o Cupid - Sam Cooke (Valentine's Day)
  - o Ooh Poo Pah Doo – Jessie Hill (Mardis Gras)
  - o Dance Above the Rainbow – Ronan Hardiman (St. Patrick's Day)

- o Skeleton Sam – LVRFT (Halloween)
- o Apples Peaches Pumpkin Pie – Jay & The Techniques (Thanksgiving)
- o Two Step 'Round the Christmas Tree - Blake Shelton (Christmas)

Last Update: 7 Jun 2023

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