

Cowbell

拍數: 76 牆數: 4 級數: Intermediate
編舞者: Jen Ski (USA) - July 2023
音樂: Brown Chicken Brown Cow - Trace Adkins



One Bridge Wall 3 and One Repeat start of Wall 4

[1-8] Out and cross, 1/2 turn, walk

1&2 Step R out, recover and cross R over L
3&4 Step L out, recover and cross L over R
5& Step forward on R half turn L weight on L
6,7,8 Walk forward R L R

[9-16] Step 1/2 turn, 1/4 turn vine, hop, chug

1&2 Step forward on the L 1/2 turn R (put weight on R) Continue 1/4 turn R stepping out on the L
&3&4 R foot behind(&), step out with L(3), cross R over L(&), Step out on L foot(4)
&5 Hop sideways by bringing your R foot next to L and stepping out with L
6,7,8 Chug R foot 1/2 turn L

[17-24] Charleston2x

1&2 Swing R foot forward, return next to L
3&4 , Swing L foot backward, return next to R
5&6 Swing R foot forward, return next to L
7&8 Swing L foot backward, return next to R

(Bridge Here) on Wall 3 here.

After Charleston jump to Counts &8 of (33-40) and continue dance

[25-32] Shuffle, 3/4 turn, walk

1&2 Shuffle up on the R
3&4 Step forward on L(3), 3/4 turn to the R(&) Step forward on the L(4)
5,6,7,8 Walk forward RLRL

[33-40] Rock recover 1/4 turn, behind and cross, rock, cross and behind. out-out

1&2 Rock forward on the R, recover on L with quarter turn R (weight on R)
3&4 L foot behind R, step out on R and cross L over R
5& Rock out on the R and recover back onto L
6&7 Cross R over L, step out on L, swing R foot behind L stepping onto R
&8 Step out on L(&) step out on Right(8) (weight should be on R)

[41-48] Cross 1/2 turn, scuff step, Applejack's x2

&1 Bring L foot towards R(&) as you cross R over L(1)
2 Half turn left
3&4 Scuff R foot and step R L shoulder width apart (weight even)
5&6 traveling Applejack's right (Modify: Swivel heel toe heel)
7&8 traveling Applejack's left (Modify: Swivel heel toe heel)

[49-56] K-step, vine scuff 1/2 turn, vine

1&2& Step R foot back diagonally R, L touch, L diagonally forward L, R touch
3&4& Step R forward diagonally R, L touch, L diagonally back L, R touch
5&6 R foot step out R, L foot behind, R step out R
& Scuff L foot and do a 1/2 turn R
7&8& Step out with L, behind with R, out with L, touch R together

[57-64] K-step, hitch heel Jack x2

1&2& Step R foot back diagonally R, L touch, L diagonally forward L, R touch
3&4& Step R forward diagonally R, L touch, L diagonally back L, R touch
5& Hitch R knee up and hop once to R(5), switch weight to R(&)
6 Bring L foot diagonally behind R and touch heel of R foot diagonally L (heel jack)
& Switch the weight back to R
7& Hitch L knee up and hop once to L(7), switch weight to L(&)
8 Bring R foot diagonally behind L and touch heel of L foot diagonally R (heel jack)
& Switch weight back to L

[65-72] Two 1/2 turns, hitch heel Jack x2

1,2 Step forward on R, half turn L placing weight on L.
3,4 Step forward on R, half turn L placing weight on L
5& Hitch R knee up and hop once to R(5), switch weight to R(&)
6 Bring L foot diagonally behind R and touch heel of R foot diagonally L (heel jack)
& Switch the weight back to R
7& Hitch L knee up and hop once to L(7), switch weight to L(&)
8 Bring R foot diagonally behind L and touch heel of L foot diagonally R (heel jack)
& Switch weight back to L

[73-76] Two 1/4 turns

1,2 Step forward on the R, quarter turn L putting weight on L
3,4 Step forward on the R, quarter turn L putting weight on L

Repeat: At the start of wall 4 he sings Brown Chicken Brown Cow again. Start wall 4 with the hitch heel jacks (57-64) count 5& and finish the dance again. Then start from the beginning
