

Fast Horses and Long Ropes

COPPER **NOB**
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Maria Smith (AUS) & Kevin Smith (AUS) - March 2024
音樂: Fast Horse and a Long Rope - Chris Petersen



START DANCE on Vocals 16 counts from strong down beat - CCW

SIDE, TOGETHER, BACK, HOLD, ROCK BACK, FORWARD, STEP HOLD,

1,2,3,4, step R to side, step L next R, step back R, HOLD
5,6,7,8 rock back L, fwd R, step L fwd HOLD

FORWARD, 1/4 PIVOT, CROSS, HOLD, TOE STRUT 1/4, TOE STRUT 1/2,

1,2,3,4, step fwd R, 1/4 pivot turn onto L, cross R over L, HOLD
5,6,7,8, 1/4 turn right step back L toe /heel strut, 1/2 turn right step R toe/ heel strut (6.00)

POINT 1/4 TURN, POINT TOGETHER, LEFT HEEL TOGETHER, RIGHT HOOK,

1,2,3,4, point L toe to side, 1/4 turn left step L next R, point R toe to side, step R next to L, (3.00)
5,6,7,8, L heel Fwd, step L next to R, R heel fwd, hook R in front of L shin

LOCK STEP FWD, HOLD, 1/2 TURN STEP, HOLD

1,2,3,4, step R fwd, lock L behind R, step R fwd, HOLD
5,6,7,8, step L fwd, 1/2 pivot right step R down, step L fwd HOLD (9.00)

Restart here wall 5

CONTINUOUS ROCKING SAILOR

1,2,3,4, rock R to side, take wt L, step R behind L, rock L to side,
5,6,7,8, take wt R, step L behind R, step R to side, cross step L over R,

VINE RIGHT, POINT LEFT, ROLLING 1 1/4 VINE LEFT, TOUCH,

1 2 3 4 step R to side, L behind R, R to side, point L to side
5,6,7,8, 1/4 turn left step L, 1/2 turn left step back on R, 1/2 turn left step fwd L, touch R (6.00)

V STEP, 1/4 TURN, V STEP, LOCK STEP BACK,

1,2,3,4, (V step) step R out, step L out, 1/4 turn right step R to side, step L next R, (3.00)
5,6,7,8, (V STEP) step R out, step L out, step R back, lock L in front R

STEP BACK, 1/2 TURN LEFT, 1/2 LEFT, STEP, FORWARD KICK, BACK, TOUCH,

1,2,3,4, step back R, 1/2 turn left step L fwd, step fwd R, 1,2 turn left step L fwd
5,6,7,8, step fwd R, kick L fwd, step back L, touch R next L (9.00)
64 START AGAIN

TAG end of walls 1, 4, add hips Double R, Double L (4 counts)

TAG end of wall 2, add Vine R, Vine L, hips double R, Double L (12 Counts)

RESTART WALL 5 32 counts

FINISH WALL 7 ROLLING VINE TO THE FRONT

Last Update: 13 Mar 2024