

Cowgirls

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sean Monaghan (USA) - March 2024
音樂: Cowgirls (feat. ERNEST) - Morgan Wallen
或: Gasolina - Daddy Yankee



Intro: 16 Counts

[1 – 8] R STOMP FORWARD, L RECOVER, R BACK, L BACK, R OUT, L OUT, SIDE ROCKS, ¼ SHUFFLE RIGHT

1, 2 Stomp R forward, recovering onto L
3&4& Step R back, step L back, step R out to right side, step L out to left side
5, 6 Rock out to right side, recover and rock out to left side
7&8 Step R out to R side while turning ¼ turn right, step L forward, step R forward (3:00)

[9 – 16] L FORWARD SCUFF, HOP, R HEEL SWIVEL, L HEEL SWIVEL, HEEL SWITCHES, R SLIDE BACK, TOGETHER

&1, 2 Scuff L forward and hop and land on both feet, bounce
3&4& Swivel right heel in and back out, swivel left heel in and back out
5&6& Touch right heel forward and bring it back in, touch left heel forward and bring it back in
7 – 8 Push back on L, stepping R back with a slide, dragging left heel to follow back, stepping L to meet R

[17 – 24] MAMBO CROSS X2, LOCK STEP, ROCK RECOVER, L HEEL SWITCH, R BACK TOE TOUCH

1&2 Step R out to right side, recover onto L, and cross R over L
3&4 Step L out to left side, recover onto R, and cross L over R, aligning to 4:30
&5, 6 Lock R behind L, step (or stomp) L forward rocking and recovering onto R
&7&8 Bring L back and present R heel, bring R back in, touching L toe back behind

[25 – 32] ¼ TURN KICK, BACK TOE TOUCH, ¼ TURN KICK, HEEL TOUCH, HEEL HITCH, 1/8th BALL HEEL, WALK X2

1&2 Kick L out while turning ¼ turn left (1:30), bring L back in, touching R toe back behind
3&4& Kick R out while turning ¼ turn right (4:30), bring R back in, touching L heel forward, bring L back in
5&6& Touch R heel forward, hitch R heel back across L leg, touch R heel forward, bring R back in on ball of foot
7&8& Touch L heel forward while turning 1/8th turn L (3:00), bring L back in, step R forward, step L forward

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