

My Soul Country

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Melita Sandra (INA) - April 2024
音樂: I'm from the Country - Tracy Byrd : (CD: Greatest Hits)



start on vocal or start after 16 C - No Tag No Restart

Section I. R Point Together, HEEL HOOK , SHUFFLE

1- 2 RF to side bring right in beside LF
3 - 4 RF heel fwd hook right in front of LF
5 - 6 Step RF fwd left step beside
7 - 8 RF fwd , Left fwd, Right fwd

Section II. L Point Together, HEEL HOOK , SHUFFLE

1 - 2 LF to side bring left in beside RF
3 - 4 LF heel fwd hook left in front of RF
5 - 6 Step LF fwd right step beside
7 - 8 LF fwd , Right fwd, Left fwd

Section III. STEP Fwd -STEP Together, KNEE Bend, STEP Fwd-STEP Together, KNEE Bend

1 - 2 Step RF diagonal fwd facing 10.30, Step LF next to RF
3 - 4 Bend both knee up, Bend both knee up-weights on RF
5 - 6 Step LF diagonal fwd, step RF next to LF facing 1.30
7 - 8 Bend both knee up, Bend both knee up-weight on LF

Section IV. OUT OUT, Coaster Step, CHARLESTON

1 - 2 Step RF out to R , Step LF out to L
3 & 4 Step RF back , step LF together , Step RF fwd
5 - 6 Touch LF fwd, step back on LF
7 - 8 Touch RF back step fwd on RF

Section V. OUT OUT, Coaster Step, CHARLESTON

1 - 2 Step LF out to L , Step RF out to R
3 & 4 Step LF back , step RF together , Step LF fwd
5 - 6 Touch RF fwd, step back on RF
7 - 8 Touch LF back step fwd on LF

Section VI. HEEL GRIND ¼ TURN R, Back Rock, HEEL GRIND ¼ TURN R, Back Rock

1 - 2 Touch R heel fwd with toes facing in, swivel toes out while turning ¼ R-weight on LF 03.00
3 - 4 Rock RF back, Recover weight on LF
5 - 6 Touch R heel fwd with toes facing in, swivel toes out while turning ¼ R-weight on LF 06.00
7 - 8 Rock RF back, Recover weight on LF