

The Farmer

拍數: 32 牆數: 2 級數: Beginner
編舞者: Marleen Roman (BEL) - December 2024
音樂: The Farmer - Robert Mizzell



Intro: 20 (on vocal)

Section 1: STEP, LOCK, LOCK STEP, HOOK x 2

1-2-3&4& Diagonal forward R Step (1) , L Lock (2) , R Step (3), L Lock (&), R Step (4), L Hook (&)
5-6-7&8& Diagonal forward L Step (5), R Lock (6), L Step (7), R Lock (&), L Step (8), R Hook (&)

Section 2: SIDE ROCK, CROSSING SHUFFLE, SIDE ROCK, BEHIND, SIDE, CROSS

1-2-3&4 R side Rock (1), Recover on left (2), Cross R over L (3), L side step (&), Cross R over L (4)
5-6-7&8 L side Rock (5), Recover on R (6), Step L behind R(7), Step R next to L (&), Cross L over R (8)

Section 3: STEP FORWARD, STEP BACK, HEEL, TOE, SIDE ROCK, SIDE POINT, SIDE POINT

1-2-3&4& Step forward on R (1), Step back on L (2), Touch R heel forward (3), Recover on R (&),
Touch L toe behind (4), Recover on L (&)
5-6-&7&8 Side rock R, Recover on L, Step R next to L (&), Point L to L side (7), Step L next to R (&),
Point R to R side (8)

Section 4: JAZZ BOX ¼ turn R, CROSS step, SLIDE, DRAG, STOMP ¼ TURN R, STOMP, TOUCH

1-2-3-4 Cross R over L, Step back on L, Step to R, Cross step L,
5-6-7&8 Big slide to R, Drag L next to R, Stomp R ¼ turn R, Stomp L, Touch R

Restart: after section 2 on wall 7 (12:00).

End at section 3 with ½ turn L and Stomp, Stomp, Stomp.