California Cowgirl

拍數: 32

級數: Beginner

編舞者: Mary Pentangelo (USA) - April 2025 音樂: No Fear - Jon Reddick

32 count intro

*Optional intro steps - 3 beats and start

- RF stomp, clap, LF stomp, clap 1-4
- freestyle movement 5-8

Repeat 4x

[1-8] RF Heel Digs Fwd 2x, RF Step Lock Step Brush

- RF heel tap fwd, raise and heel tap again, raise 1-4
- 5-8 RF step fwd, LF step/lock behind RF, RF step fwd, LF brush

[9-16] LF Heel Digs Fwd 2x, LF Step Lock Step Brush

- 1-4 LF heel tap fwd, raise and heel tap again, raise
- 5-8 LF step fwd, RF step/lock behind RF, LF step fwd, RF brush

[17-24] RF Mambo, R&L Stomp Claps

- RF rock fwd, recover on LF, RF replace back, hold ct 4 1-4
- 5-8 RF stomp, clap, LF stomp, clap

[25-32] RF Starts Reverse Box

- 1-4 RF step side, LF tap next to RF, LF step side with ¼ turn over LT shoulder, RF tap next to LF
- RF step side with 1/4 turn over LT shoulder, LF tap next to RF 5-6
- 7-8 LT step side with 1/4 turn over LT shoulder, RF tap next to LF

Restart the dance \Box

TAG – Happens 2x – After Wall 2 & After Wall 13

- [1-8] RF Step Side with Drag, LF Rock Recover RF, LF Step Side with Drag, RF Rock Recover LF
- RF step side, drag LF to RF into a rock back and recover LF 1-4
- 5-8 LF stes side, drag RF to LF into a rock back recover RF

[16-32] RF Step Fwd Diagonal Tap, LF Step Fwd Diagonal Tap, Walk Back with Head Flick Down & Up

1-4 RF step fwd on diagonal, LF tap next to RF, LF step fwd on diagonal, RF tap next to LF 5-8 Walk back R, L, R – when you come back with LF, drop your head and pop it up as you restart the dance \Box

Thank you for checking out my dance! www.heartandsoullinedance.com





牆數: 4