

Keep It Country

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Anette C. Holtet (NOR) & Mona Fjeldberg (NOR)
音樂: Put Some Drive In Your Country - Travis Tritt



1st place in Norwegian Country Western Dance Championship 2003

HEEL SWITCHES, SWIVEL, CHASSE, STEP, FULL TURN RIGHT

1&2 Touch right heel forward, step right next to left, touch left heel forward
&3 Step left next to right, touch right toe forward
&4 Twist both heels to right, twist heels back to center
5&6 Step right to right, step left next to right, step right to right
7-8 Cross left in front of right, make a full turn (12:00)

HEEL SWITCHES, SWIVEL, CHASSE, STEP, ¾ TURN LEFT

1&2 Touch left heel forward, step left next to right, touch right heel forward
&3 Step right next to left, touch left toe forward
&4 Twist both heels left, twist heels back to center
5&6 Step left to left, step right next to left, step left to left
7-8 Cross right in front of left, turn ¾ to right (3:00)

KICK, BACK-BACK, STEP, CROSS, CROSSING HEEL JACKS, TOUCH, TURN ½ LEFT

1&2 Kick right forward, step right back, step left back
&3 Step right slightly back, cross left in front of right
&4 Step right slightly back, touch left heel diagonal to left
&5 Step left slightly back, cross right in front of left
&6 Step left slightly back, touch right heel diagonal to right
7-8 Touch right toe back, turn ½ right (9:00)

TOUCHES, CROSSES WITH HEAD AND ARM MOVEMENTS

1-2 Touch left toe to left, cross left in front of right
3-4 Touch right toe to right, cross right in front of left
5-6 Touch left toe to left, cross left in front of right
7-8 Touch right toe to right, touch right next to left

REPEAT

HEAD AND ARM MOVEMENTS

1 No head or arm movements
2&3 Pretend to grab something in front of you with right arm, pull it to you, then stretch right arm out to right side and turn your head sharply to right
4-5 Pretend to grab something in front of you with left arm, pull it to you, then stretch left arm out to left side and turn your head sharply to left
6-7 Pretend to grab something in front of you with right arm, pull it to you, then stretch right arm out to right side and turn your head sharply to right
8 No head or arm movements