Rough & Ready



編舞者: Johnny Montana (USA)

音樂: Rough & Ready - Trace Adkins



SHUFFLE FORWARD, SHUFFLE FORWARD

1&2 Shuffle forward right, left, right3&4 Shuffle forward left, right, left

ROCK-STEP-CROSS, SIDE-CROSS-SIDE

5&6 Step out to right side and rock, step onto left foot (replace weight), cross right over left and

step

7&8 Step to left side onto left foot, cross right behind left and step, step to left side onto left foot

ROCK, REPLACE, SHUFFLE WITH 1/4 TURN

9-10 Cross right foot over left and step, step back (replace weight) onto left foot

11&12 Shuffle to right side right, left, right making a ¼ turn to right

SHUFFLE WITH 1/4 TURN, COASTER STEP

13&14 Shuffle forward left, right, left making a ¼ turn to right

15&16 Step back onto sole of right foot, step onto sole of left foot next to right, step forward onto

right foot

HEEL-STEP-TOE-STEP-HEEL-STEP-TOE

17& Touch left heel forward, step onto left foot next to right

Touch right toe next to left instep, step onto right foot next to left

19& Touch left heel forward, step onto left foot next to right

20 Touch right toe next to left instep

OUT-OUT-IN-IN-ROCK-STEP-CROSS

21& Step slightly out to right side onto sole of right foot, step slightly out to left side onto sole of

left foot

22& Step back to home position onto sole of right foot, step onto sole of left foot next to right

23& Step out to right side onto right foot and rock, step onto left foot (replace weight)

24 Cross right behind left and step

SHUFFLE WITH 1/4 TURN, STEP, TURN

25&26 Shuffle to left side left, right, left, making a ¼ turn to right (to the right)

27-28 Step forward onto right foot, make a ½ turn pivot left (to the left) and replace weight onto left

foot

FORWARD RIGHT COASTER STEP, BACK LEFT COASTER STEP

Step forward onto right foot, step onto left foot next to right, step back onto right foot Step back onto left foot, step onto right foot next to left, step forward onto left

REPEAT

TAG

After 1st wall

1-4 Step forward onto right foot bend knee and shake butt or shoulders 3 times to beat pushing

back on 4th count possibly kicking right foot forward

And then restart

After 2nd wall

1-8 Step forward onto right foot bend knee and shake butt or shoulders 7 times to beat pushing

back on 8th count possibly kicking right foot forward

And then restart

After 3rd wall

| 1-2 | Rock forward onto right foot, replace weight back to left foot |
|------|--|
| 3-4 | Rock back onto right foot, replace weight forward onto left foot |
| 5-6 | Rock forward onto right foot, replace weight back to left foot |
| 7-8 | Rock back onto right foot, replace weight forward onto left foot |
| 0.40 | |

9-12 Step forward onto right foot bend knee and shake butt or shoulders 3 times to beat pushing

back on 4th count possibly kicking right foot forward

And then restart

After 4th wall

| Aite Till Wall | |
|----------------|--|
| 1-2 | Rock forward onto right foot, replace weight back to left foot |
| 3-4 | Rock back onto right foot, replace weight forward onto left foot |
| 5-6 | Rock forward onto right foot, replace weight back to left foot |
| 7-8 | Rock back onto right foot, replace weight forward onto left foot |
| 0.40 | |

9-16 Step forward onto right foot bend knee and shake butt or shoulders to beat 7 times pushing

back on 8th count possibly kicking right foot forward

And then restart