True Grit (P)



編舞者: Jim Godsall & Nen Godsall

音樂: Believe Me Baby (I Lied) - Trisha Yearwood



Position: Opposite footwork throughout. Man facing OLOD, Lady facing ILOD, Hands crossed, Right hands on top

MAN'S STEPS

CROSS ROCK, SIDE, TOGETHER, SIDE TOUCH, CROSS ROCK

1-2 Cross left over right, rock back onto right

3 Step left to side
4 Step right together
5 Step left to side
6 Touch right beside left

7-8 Cross right over left, rock back onto left

Still facing OLOD

Arms: keep hold of both hands and raise both arms over lady's head as she turns. End with hands still crossed, left hands on top

SIDE, TOGETHER, SIDE, TOUCH, CROSS ROCK, 1/4 TURN, BRUSH

9 Step right to side10 Step left together

11-12 Step right to side, touch left beside right

Arms: keep hold of both hands and raise both arms over lady's head as she turns. End with hands still crossed, right hands on top

13-14 Cross left over right, rock back onto right
15 Make ¼ turn left into LOD stepping on left

16 Brush right forward

Arms: as you make ¼ turn into LOD, raise right arms over lady's head to end up in side by side (sweetheart) position

BOTH: SHUFFLE, WALK, WALK, SHUFFLE, WALK, WALK

17-20 Right shuffle forward, walk forward left, right 21-24 Left shuffle forward, walk forward right, left

VINE RIGHT, PLACE

Change sides passing behind lady

Step right to side
Cross left behind right
Step right to side

28 Step left together and place weight

Arms: release right hands. Raise left arms over lady's head as she turns, ending left palm to left palm

BOTH: TWO SHUFFLES ROTATING ½ TURN LEFT

With left palm to left palm, rotate round ½ turn left (slapping right hands with oncoming neighbor)

29-32 Right shuffle, left shuffle

Now facing RLOD

STEP, ½ PIVOT, SHUFFLE, WALK, WALK, SHUFFLE

33 Step forward on right34 Pivot ½ turn to left into LOD

35&36 Right shuffle forward

Arms: as man does step pivot, re-join hands in side by side (sweetheart) position

Walk forward left
Walk forward right
Left shuffle forward

Option: replace lady's turn with walking forward right, left

Arms: release left hands and raise right arms over lady's head as she turns. Re-join in sweetheart position

BOTH: ROCK FORWARD, ROCK BACK, BACK SHUFFLE, ROCK BACK, ROCK FORWARD, 1/4 TURN TO FACE, PLACE

41-42 Rock forward on right, rock back on left

43&44 Right shuffle back

45-46 Rock back on left, rock forward on right

47 Make ¼ turn right stepping left to side to face OLOD

48 Step right together and place weight

Arms: as you make ¼ turn to face, raise right arm over lady's head. As you place weight on count 48. Release both hands and lady place her right hand into man's left (i.e. Forward hands to LOD held)

CHANGE SIDES: WALK LEFT, RIGHT, LEFT, TOUCH, MAKING ½ TURN LEFT

Change sides passing left shoulder to left shoulder

49-52 Walk forward on left, right, left, touch making ½ turn left

Now facing ILOD

Arms: raise man's left arm and lady's right arm over lady's head as she changes sides

ROLLING VINE RIGHT, PLACE

53 Make ¼ right on right

54 Make ½ turn right stepping back on left 55 Make ¼ turn right stepping right to side 56 Step left together and place weight

Still facing ILOD. Right shoulder opposite lady's right shoulder

Option: the lady can also do a rolling vine if preferred

Arms: release hands as man turns. As man finishes turn, pick up lady's left hand in his right (i.e. Forward

hands to LOD held)

CHANGE SIDES: WALK RIGHT, LEFT, RIGHT, TOUCH, MAKING 1/2 TURN RIGHT

Change sides passing right shoulder to right shoulder

57-60 Walk forward on right, left, right, touch making ½ turn right

Now facing OLOD

Arms: raise man's right arm and lady's left arm over lady's head as she changes sides

ROLLING VINE LEFT, PLACE

Make ¼ turn left on left

Make ½ turn left stepping back on right
Make ¼ turn left stepping left to side
Step right together and place weight

Still facing OLOD ready to start again option: the lady can also do a rolling vine if preferred

Arms: release hands as man turns. As man finishes turn, both man and lady put arms ready in cross-arm position, right on top

REPEAT

LADY'S STEPS

CROSS ROCK, ROLLING VINE RIGHT, TOUCH, CROSS ROCK

1-2 Cross right over left, rock back onto left
3 Make ¼ turn right stepping on right
4 Make ½ turn right stepping back on left
5 Make ¼ turn right stepping right to side

6 Touch left beside right

7-8 Cross left over right, rock back onto right

Still facing ILOD

Arms: keep hold of both hands and raise both arms over lady's head as she turns. End with hands still crossed, left hands on top

ROLLING VINE LEFT, TOUCH, CROSS ROCK, 1/4 TURN, BRUSH

9 Make ¼ turn left stepping on left

10 Make ½ turn left stepping back on right

11-12 Make ¼ turn left stepping left to side, touch right beside left

Arms: keep hold of both hands and raise both arms over lady's head as she turns. End with hands still crossed, right hands on top

13-14 Cross right over left, rock back onto left
15 Make ¼ turn right into LOD stepping on right

16 Brush left forward

Arms: as you make ¼ turn into LOD, raise right arms over lady's head to end up in side by side (sweetheart) position

BOTH: SHUFFLE, WALK, WALK, SHUFFLE, WALK, WALK

17-20 Left shuffle forward, walk forward right, left 21-24 Right shuffle forward, walk forward left, right

1/4 TURN RIGHT, 1/4 TURN RIGHT, STEP, PLACE

Change sides passing in front of man

25 Make ¼ turn right stepping back on left 26 Make ¼ turn right stepping right to side

27 Step left together

28 Step right together and place weight

Arms: release right hands. Raise left arms over lady's head as she turns, ending left palm to left palm

BOTH: TWO SHUFFLES ROTATING ½ TURN LEFT

With left palm to left palm, rotate round ½ turn left (slapping right hands with oncoming neighbor)

29-32 Left shuffle, right shuffle

Now facing LOD

ROCK BACK, ROCK FORWARD, SHUFFLE, FULL TURN LEFT TRAVELING FORWARD SHUFFLE

33 Rock back on left 34 Rock forward on right 35&36 Left shuffle forward

Arms: as man does step pivot, re-join hands in side by side (sweetheart) position

TRAVELING FORWARD

37 Make ½ turn left stepping back on right 38 Make ½ turn left stepping forward on left

39&40 Right shuffle forward

Option: replace lady's turn with walking forward right, left

Arms: release left hands and raise right arms over lady's head as she turns re-join in sweetheart position

BOTH: ROCK FORWARD, ROCK BACK, BACK SHUFFLE, ROCK BACK, ROCK FORWARD, 1/4 TURN TO FACE, PLACE

41-42 Rock forward on left, rock back on right

43&44 Left shuffle back

45-46 Rock back on right, rock forward on left

47 Make ¼ turn left stepping right to side to face ILOD

48 Step left together and place weight

Arms: as you make 1/4 turn to face, raise right arm over lady's head. As you place weight on count 48

Release both hands and lady place her right hand into man's left (i.e. Forward hands to LOD held)

CHANGE SIDES: WALK RIGHT, LEFT, RIGHT, TOUCH, MAKING 1/2 TURN RIGHT

Change sides passing left shoulder to left shoulder

49-52 Walk forward on right, left, right, touch making ½ turn right

Now facing OLOD

Arms: raise man's left arm and lady's right arm over lady's head as she changes sides

VINE LEFT, PLACE

Step left to side
Cross right behind left
Step left to side

Step right together and place weight

Still facing OLOD. Right shoulder opposite man's right shoulder

Option: the lady can also do a rolling vine if preferred

Arms: release hands as man turns. As man finishes turn, pick up lady's left hand in his right (i.e. Forward

hands to LOD held)

CHANGE SIDES: WALK LEFT, RIGHT, LEFT, TOUCH, MAKING ½ TURN LEFT

Change sides passing right shoulder to right shoulder

57-60 Walk forward on left, right, left, touch making ½ turn left

Now facing ILOD

Arms: raise man's right arm and lady's left arm over lady's head as she changes sides

VINE RIGHT, PLACE

61 Step right to side 62 Cross left behind right 63 Step right to side

Step left together and place weight

Still facing ILOD ready to start again option: the lady can also do a rolling vine if preferred

Arms: release hands as man turns. As man finishes turn, both man and lady put arms ready in cross-arm

position, right on top

REPEAT