

We're From The Country

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Leslie Moore (USA)
音樂: I'm from the Country - Tracy Byrd



Sequence: AAB AAB A- BB

PART A (VOCALS)

- 1-2 Rock forward on right heel with turning toe inward and "grinding" outward, recover back on left
- 3-4 Rock back on right foot, recover forward on left
- 5-6 Step forward right, pivot ½ to left
- 7-8 Step forward right, pivot ½ to left
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- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, step left in front of right
- 5 Step right to right side and turn ¼ to left
- 6 Kick left foot forward (can do a small hop on right foot simultaneously)
- 7-8 Step back on left foot, stomp right (taking no weight)
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- 1-2 Touch right toe at left instep turning right knee inward, touch right heel at left instep turning right knee outward
- 3-6 Step right across left, step back on left, step right slightly to right side, touch left heel forward
- &7 Small jump to take weight on left foot, step right across left
- 8 On balls of both feet turn ¼ to left
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- 1&2 Shuffle left-right-left to left side
- 3-4 Rock back on right, recover forward on left
- 5&6 Shuffle right-left-right to right side
- 7 Spin ½ to right on ball of right foot, and landing by stepping left to left side
- 8 Continue turning an additional ½ to right on balls of both feet

You'll end up with legs crossed

- 1&2 Shuffle left-right-left to left side
- 3-4 Rock back on right, recover forward left
- 5-7 Walk forward right, left, right
- 8 Spin ½ turn to right on right foot while kicking left foot behind you
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- 1-2 Step forward on left foot, spin ½ turn to right on left foot while hitching right knee
- 3-4 Stomp forward right, left
- 5-6 Pop right knee in, then left knee (Elvis style!)
- 7-8 Circle hips to left

PART A-

Repeat all of Part A, except replace the final 8 counts with:

- &1 Small jump forward left-right
- 2-3 Lift & drop heels twice
- 4 Clap
- &5 Small jump forward left-right
- 6-7 Lift & drop heels twice
- 8 Clap

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|-----|-------------------------------|
| &1 | Small jump forward left-right |
| 2-3 | Lift & drop heels twice |
| 4 | Clap |
| 5-8 | Two hip circles to the left |

PART B (INSTRUMENTAL)

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|-----|--|
| 1-2 | Kick right foot across left, kick right foot to right side |
| 3&4 | Right sailor shuffle |
| 5-6 | Kick left foot across right, kick left foot to left side |
| 7&8 | Left sailor shuffle |

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|-----|---|
| 1-2 | Step forward right, pivot $\frac{1}{4}$ to left |
| 3-4 | Step forward right, pivot $\frac{1}{4}$ to left |
| 5-6 | Step forward right, pivot $\frac{1}{4}$ to left |
| 7-8 | Step forward right, pivot $\frac{1}{4}$ to left |

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| 1-4 | Right grapevine, turning $\frac{1}{2}$ to right on third count and scuffing left on fourth count |
| 5-8 | Left grapevine, scuffing right on final count |

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|-----|--|
| 1-4 | Right grapevine, turning $\frac{1}{2}$ to right on third count and scuffing left on fourth count |
| 5-8 | Left grapevine, scuffing right on final count |

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|-----|---------------------------------------|
| 1&2 | Shuffle forward right-left-right |
| 3-4 | Rock forward left, recover back right |
| 5&6 | Shuffle backward left-right-left |
| 7-8 | Rock back right, recover forward left |

| | |
|-----|---|
| 1&2 | Shuffle forward right-left-right |
| 3-4 | Step forward left, pivot $\frac{1}{2}$ to right |
| &5 | Small jump forward left-right |
| 6 | Clap |
| &7 | Small jump forward left-right |
| 8 | Clap |
