

J.R. Two-Step (Just Right Two-Step)

(P)

COPPER KNOB
STEPSHEETS

拍數: 60 牆數: 2 級數: Improver line/contra dance
編舞者: Mike Salerno (USA)
音樂: Meanwhile Back At The Ranch - Asleep At The Wheel



Position: Contra lines with men on same side facing women across
Man's steps described, lady's step are mirror image. Dance consists of 10 sets of two-step basic steps (QQSS)

TWO FORWARD TWO-STEP BASICS

- 1 Step left foot forward (quick)
- 2 Step right foot beside left foot (quick)
- 3 Step left foot forward (slow)
- 4 Hold
- 5 Step right foot forward (slow)
- 6 Hold
- 7-12 Repeat steps 1-6 above

SIDE, CROSS TWO-STEP WITH A ¼ TURN, FORWARD BASIC

- 13 Step left foot to left side (quick)
- 14 Cross/step right foot behind left (quick)
- 15 Step left foot to left side with a ¼ turn left (slow)
- 16 Hold
- 17 Step right foot forward (slow)
- 18 Hold
- 19-24 Repeat steps 1-6 above

CROSS, BACK TWO-STEP, SIDE, CROSS TWO-STEP WITH ¼ TURN, FORWARD BASIC

- 25 Cross/step left foot in front of right foot (quick)
- 26 Step right foot backwards (quick)
- 27 Step left foot backwards (slow)
- 28 Hold
- 29 Step right foot backwards (slow)
- 30 Hold
- 31-42 Repeat steps 13-24 above

SIDE, CROSS TWO-STEP WITH A ½ TURN

- 43 Step left foot to left side (quick)
- 44 Cross/step right foot behind left (quick)
- 45 Step left foot to left side with a ½ turn left (slow)
- 46 Hold
- 47 Step right foot to right side (slow)
- 48 Hold

FORWARD TWO-STEP BASIC, FREE SPINNING 1 ½ BASIC

- 49-54 Repeat steps 1-6 above

On step 54, prepare for free spin by rotating upper body opposite direction of spin to generate torque. Man turns to the right. Upper body prepares to the left. Woman opposite

- 55 Pivot a ¼ turn to the right on left foot (quick)
- 56 Pivot a ½ turn to the right on right foot (quick)

- 57 Pivot a $\frac{1}{2}$ turn to the right on left foot (slow)
- 58 Hold
- 59 Step right foot back with $\frac{1}{4}$ turn (slow)
- 60 Hold

REPEAT
