

Hillbilly Rock Star

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Improver
編舞者: Ben Heggy (USA)
音樂: Living In Fast Forward - Kenny Chesney



HEEL, CENTER, SIDE SHUFFLE, HEEL, CENTER, SIDE SHUFFLE

1-2 Touch right heel forward, return to center
3&4 Side shuffle on a diagonal back left, stepping left-right-left
5-6 Touch right heel forward, return to center
7&8 Side shuffle on a diagonal back left, stepping left-right-left

STEP, PIVOT, TURNING SHUFFLE, HEEL, CENTER, SIDE SHUFFLE

1-2 Step right forward, ½ turn pivot left
3&4 Shuffle turning ½ turn left, stepping right-left-right
5-6 Touch left heel forward, return to center
7&8 Side shuffle on a diagonal back right, stepping right-left-right

HEEL, CENTER, SIDE SHUFFLE, STEP, PIVOT, TURNING SHUFFLE

1-2 Touch left heel forward, return to center
3&4 Side shuffle on a diagonal back right, stepping right-left-right
5-6 Step left forward, ½ turn pivot right
7&8 Shuffle turning ½ turn right, stepping left-right-left

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE

1-2 Cross rock right over left, recover weight to left
3&4 Side shuffle to right, stepping right-left-right
5-6 Cross rock left over right, recover weight to right
7&8 Side shuffle to left, stepping left-right-left

ROCK, RECOVER, COASTER, SHUFFLE, SHUFFLE

1-2 Rock forward right, recover
3&4 Right coaster step
5&6 Shuffle forward left-right-left
7&8 Shuffle forward right-left-right

CROSS, SIDE, SAILOR, CROSS, SIDE, SAILOR

1-2 Cross left over right, step right to right side
3&4 Left sailor step
5-6 Cross right over left, step left to left side
7&8 Right sailor step

STEP, PIVOT, SHUFFLE, SHUFFLE, SHUFFLE

1-2 Step left forward, ½ turn pivot right
3&4 Shuffle forward left-right-left
5&6 Shuffle forward right-left-right
7&8 Shuffle forward left-right-left

BACK, DRAG, BACK, DRAG, BACK, DRAG, BACK, DRAG

1 Big step back right diagonal right
2 Drag left foot back together with right
3 Big step left back diagonal left

- 4 Drag right foot back together with left
- 5 Big step back right diagonal right
- 6 Drag left foot back together with right
- 7 Big step left back diagonal left
- 8 Drag right foot back together with left

REPEAT

TAG

On wall 1, dance a right box step (no turn) before restarting the dance

RESTART

On wall 3, dance the first 36 counts of the dance then restart (lyrics end "oh-yeah" and guitar solo begins as you restart dance.)

TAG

On wall 4, dance the last 32 counts of the dance again (chorus repeats), then dance the last 8 counts again twice before starting over (lyrics repeat "rewind real slow" then "still got some miles to go")

These restarts and tags keep the shuffle/sailor/shuffle sequence in sync with the chorus of the song, and are easy to do if you take your cue from the lyrics (no need to keep track of walls), but you can omit them and dance the dance straight through for simplicity if you like

OPTIONAL STYLING:

As you dance the forward shuffles, swing your arms forward with each step as if running

As you dance the cross-step-sailor sequence, wave your arms "out of control". As you dance the big steps back, hold your arms straight out in front of you and pull them back to your hips as you make the long drag back as if pulling in a rope
