

Down Home

拍數: 48 牆數: 2 級數: Beginner
編舞者: Betty Campora (USA) & Glenn Cravalho
音樂: I'm from the Country - Tracy Byrd



SHUFFLE RIGHT, SHUFFLE LEFT, STEP ½ TURN ROCK ROCK

1&2 Step right foot forward, step left foot together, step right foot forward
3&4 Step left foot forward, step right together, step left foot forward, ending with weight on left
5-6 Step forward with right foot, turn ½ left (weight ends on left foot)
7-8 Rock slightly forward on right foot, left rock back
1-8 Repeat above 8 counts

STEP, RIGHT HOLD, STEP LEFT HOLD, WAL, WALK, WALK, WALK

1-4 Step right forward, hold, step left forward, hold
5-8 Walk slightly forward right-left-right-left (weight on left)

Styling of the walk is your choice.

(VINE) RIGHT, LEFT BEHIND RIGHT, TOUCH LEFT

1-2 Right step side to right, left cross-step behind right
3-4 Right step side right, left touch next to right, clap (weight on right)

(VINE) LEFT, RIGHT BEHIND LEFT, TOUCH RIGHT

5-6 Left step side to left, right cross-step behind left
7-8 Left step side left, right touch next to left, clap (weight on left)

STEP DOWN RIGHT ¼ LEFT, LEFT HEEL, STEP DOWN LEFT, RIGHT HEEL

1-2 Step right forward, pivot turn ¼ left, touch left heel forward
3-4 Step down on left foot, touch right heel forward
5-8 Repeat counts 1-4

Bend knees as you step down to turn ¼ turns

SIDE, PAUSE, TOUCH, PAUSE, SIDE, PAUSE, TOUCH, PAUSE

Bend knees and wiggle/bump hips to right on counts 1-2

1-4 Right step side right, left touch next to right & clap (weight on right)

Bend knees and wiggle/bump hips to left on counts 5-6

5-8 Left step side left, right touch next to left & clap (weight on left)

REPEAT

At the end of wall 7, when the words "We're from the country and we like it..." are repeated, add another shimmy to the right and left, then begin the shuffle forward again to the end of the music.

Option: Instead of a shimmy you can step side right, hold on count 2 and drag your left foot next to your right on 3-4 and same with the left. Step side left, hold on count 6 and drag the right next to the left foot on 7-8, leaving weight on your left foot.