Country Blues

級數: Improver

編舞者: Noel Bradey (AUS)

音樂: Bob Away My Blues - Clint Black

RIGHT SUGARFOOT, SCOOT/HITCH, SHUFFLE FORWARD, REPEAT LEFT FOOT

- 1-2 Touch right toe slightly forward & to right pointing in, touch right heel slightly forward & to right with right toe pointing out & scoot backwards on left hooking right over left shin (knee in hitched position)
- 3&4 Shuffle forward right-left-right
- 5-6 Touch left toe slightly forward & to left pointing in, touch left heel slightly forward & to left with left toe pointing out & scoot backwards on right hooking left over right shin (knee in hitched position)
- 3&4 Shuffle forward left-right-left

ROCK FORWARD, BACK, SHUFFLE BACK, ½ TURN, STEP FORWARD, ¼ PIVOT, CROSS/STEP

- 1-2 Rock/step forward onto right, replace weight back to left
- 3&4 Shuffle back on right-left-right
- 5-6 On ball of right turn ½ turn left stepping forward on left, step forward on right
- 7-8 Turn ¼ turn left transferring weight to left, cross/step right over left

DIAGONAL HEEL ROCK FORWARD, BACK, BEHIND, SIDE, OVER, ¼ TURN, ¼ TURN, SIDE SHUFFLE

- 1-2 Rock diagonally left forward on left, replace weight back to right
- 3&4 Step on left behind right, step right slightly to right, cross/step left over right
- &5&6 Raise both heels, turn ¼ turn right on balls of feet, raise both heels, turn ¼ turn right on balls of feet
- 7&8 Side shuffle right, left together, right (traveling right)

1⁄4 PIVOT RIGHT, 1⁄4 PIVOT RIGHT, STEP FORWARD, REPLACE, COASTER STEP

- 1-2 Step forward on left, turn ¼ turn right transferring weight to right & swiveling hips
- 3-4 Step forward on left, turn ¼ turn right transferring weight to right & swiveling hips
- 5-6 Rock/step forward on left, replace weight back to right
- 7&8 Step back on left, step right beside left, step forward on left

REPEAT

Music slows down towards the end of the song. Ignore this & keep dancing at pace. You will finish to the front at the end of the dance. The music then ends with a short "roll". You may wish to add a little bit of style by adding a rolling vine to the right, sliding your left to right on last beat followed by a rolling vine to left sliding your right to left on last beat.





拍數: 32

牆數:4