

# Country Lambada (P)

COPPERKNOB  
STEPSHEETS

拍數: 56      牆數: 0      級數: Partner  
編舞者: Melanie Greenwood (USA)  
音樂: Can't Run from Yourself - Tanya Tucker



**Position: Man's belly to lady's back, standing close. Man's right hand on front of lady's waist, left hand out to side & up. Lady's right hand on top of man's right, left hand in Man's left hand**

## LEFT HEEL, STEP, RIGHT TOE, STEP

- 1 Touch left heel forward
- 2 Step left next to right
- 3 Touch right toe back
- 4 Step right next to left

## LEFT SCUFF, STEP FORWARD LEFT, RIGHT, LEFT

- 5 Scuff left
- 6 Step forward left
- 7 Step forward right
- 8 Step forward left

## SCUFF RIGHT, STEP FORWARD RIGHT, LEFT, RIGHT

- 9 Scuff right
- 10 Step forward right
- 11 Step forward left
- 12 Step forward right

## LEFT SCUFF, STEP FORWARD LEFT, RIGHT, LEFT

- 13 Scuff left
- 14 Step forward left
- 15 Step forward right
- 16 Step forward left

**Next 12 counts will make a full turn to the left**

## STEPS WITH HIP CIRCLE

- 17-20 Step with right foot pivoting 1/3 turn to the left. Step left, right, left (ending with weight on left foot beside right foot)

**Hip motion: on counts 17-20 hips to left side making a circle forward and to the right.**

**Upper body: while hips are making circle, both man & lady bend back slightly from waist, then forward slightly**

- 21-28 Repeat counts 17-20 two times

**This will complete the full turn and partners will both be facing forward line of dance.**

## LADY'S TURN TO LEFT

- 29-32 **MAN:** Bring lady's left hand to her waist as you turn her to the right to face you, draping her right arm over your neck to left shoulder  
**LADY:** Turn to the right to face man, start on left foot, end weight on right foot, (point left toe home)

## DIP LADY, RECOVER

- 33-36 **MAN:** Hold arm behind lady's back and dip her. By fourth count have her upright facing man with right hands pressed together above the head between partners  
**LADY:** Bend backward for dip, and up to face man, right hand palm to palm above the head, between partners

## 3 STEPS FORWARD LOD, SIDE POINT

37-40            **MAN:** Step forward left, right, left, point right to side  
                  **LADY:** Step back right, left, right, point left to side

**LADY'S TURN TO FORWARD LOD**

41-44            **MAN:** Step forward right, left, right, touch left spinning lady 1 ½ to the left. End with hands in starting position

**LADY:** Turn 1 ½ to the left, starting with the left foot and ending with weight on right and left toe touch home.

**You are both facing the forward LOD**

**STEP FORWARD LEFT, RIGHT, LEFT, RIGHT; SIDE SLIDES LEFT & RIGHT**

45-48            Both step forward left, right, left, right

49-52            Step left to left, slide right to touch next to left (hip grind and weight on left foot)

53-56            Step right to right, slide left to touch next to right (hip grind and weight on right foot)

**REPEAT**

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