

A Country Mile

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數:
編舞者: Lorraine Deering (AUS)
音樂: Walk A Country Mile - Craig Giles



This dance differs only slightly from "Honey, You're My Hero" by Linda Pink

VINE RIGHT & TOGETHER, TWIST, CENTER, TWIST, CENTER

1-2 Vine: step right to the side, step left behind right
3-4 Step right to the side, step left together
5-6 Twist both heels to the right, twist both heels to the center
7-8 Twist both heels to the right, twist both heels to the center

VINE LEFT & TOGETHER, TWIST, CENTER, TWIST, CENTER

1-2 Vine: step left to the side, step right behind left
3-4 Step left to the side, step right together
5-6 Twist both heels to the left, twist both heels to the center
7-8 Twist both heels to the left, twist both heels to the center

BACK, CLAP, BACK, CLAP, BACK, CLAP, BACK, CLAP

1-2 Step right back, clap
3-4 Step left back, clap
5-6 Step right back, clap
7-8 Step left back, clap

FORWARD, LOCK, FORWARD, SCUFF, FORWARD, LOCK, FORWARD, SCUFF

1-2 Step right forward, lock left behind right
3-4 Step right forward, scuff left forward
5-6 Step left forward, lock right behind left
7-8 Step left forward, scuff right forward

FORWARD, HOLD, ½ TURN, HOLD, FORWARD, LOCK, FORWARD, SCUFF

1-2 Step right forward, hold
3-4 Turn ½ turn left take weight onto left, hold
5-6 Step right forward, lock left behind right
7-8 Step right forward, scuff left forward

FORWARD, LOCK, FORWARD, SCUFF, FORWARD, HOLD, ½ TURN, HOLD

1-2 Step left forward, lock right behind left
3-4 Step left forward, scuff right forward
5-6 Step right forward, hold
7-8 Turn ½ turn left take weight onto left, hold

VINE RIGHT ½ TURN & HITCH, VINE LEFT & TOUCH

1-2 Step right to the side, step left behind right
3-4 Turn ¼ turn right step right forward, turn ¼ turn right hitch left
5-6 Step left to the side, step right behind left
7-8 Step left to the side, touch right together

VINE RIGHT ¼ TURN HITCH, FORWARD, LOCK, FORWARD, TOUCH

1-2 Step right to the side, step left behind right
3-4 Turn ¼ turn right step right forward, hitch left knee

5-6 Step left forward, lock right behind left
7-8 Step left forward, touch right together

REPEAT
