Country Pride

拍數: 40

級數: Improver

編舞者: Ed White (USA)

音樂: Tough Love - The Bellamy Brothers

BALL, CHANGE, KICK, BALL, CHANGE, KICK, ROCK, STEP, LEFT FORWARD SHUFFLE

- &1-2 Quickly step left and slightly back on the ball of the left foot, step right foot in place, kick left foot forward and to the right
- &3-4 Quickly step left and slightly back on the ball of the left foot, step right foot in place, kick left foot forward and to the right
- 5-6 Rock back on left foot, recover weight forward on right foot
- 7&8 Shuffle forward stepping left, right, left

STEP, PIVOT ½ TURN LEFT, STOMP, STOMP, STOMP, BALL, CHANGE, STOMP, BALL, CHANGE

- 9-10 Step forward on right foot, pivot ½ turn to left transferring weight to left foot
- 11-12 Stomp forward on right foot, stomp forward on left foot
- 13&14 Stomp right heel beside left foot, quickly step in place on the ball of the right foot, step in place on left foot (weight remains on left foot on stomp)
- 15&16 Stomp right heel beside left foot, quickly step in place on the ball of the right foot, step in place on left foot (weight remains on left foot on stomp)

RIGHT SIDE, LEFT BEHIND, SHUFFLE, LEFT SIDE, RIGHT BEHIND, SHUFFLE

- 17-18 Step right foot to the right, step left foot behind right foot
- 19&20 Shuffle in place right, left, right
- 21-22 Step left foot to the left, step right foot behind left foot
- 23&24 Shuffle in place left, right, left

STEP, POINT, STEP, POINT, STEP, POINT, STEP, POINT

- 25-26 Step forward on right foot, point left toe to left & look left
- 27-28 Step left foot forward & across in front of right foot, point right toe to right & look right
- 29-30 Step right foot forward & across in front of left foot, point left toe to left & look left
- 31-32 Step left foot forward & across in front of right foot, point right toe to right & look right

TOE TOUCH BEHIND, ¾ RIGHT TURN, SHUFFLE FORWARD, STEP, PIVOT, SHUFFLE FORWARD

- Touch right toe behind left heel, unwind to the right ³/₄ turn (taking weight on the right foot as you unwind)
- 35&36 Shuffle forward stepping left, right, left
- 37-38 Step forward on right foot, pivot ¹/₂ turn to left (transfer weight to left foot on pivot)
- 39&40 Shuffle forward stepping right, left, right

REPEAT





牆數:4