

Country Roads

拍數: 32 牆數: 2 級數: Improver
編舞者: Lorraine Susan Taylor (UK)
音樂: Country Roads - Hermes House Band



STOMP, KICK, CROSS STEP CROSS TWICE

1-2 Stomp right foot next to left foot bending knees, kick right foot diagonally forward
3&4 Cross right foot behind left foot, step left foot to left, cross right foot over left foot
5-6 Stomp left foot next to right foot bending knees, kick left foot diagonally forward
7&8 Cross left foot behind right foot, step right foot to right, cross left foot over right foot

GRAPEVINE TURNING ½ TO RIGHT & SCUFF, SHUFFLE LEFT BACK ROCK

9-10 Step right foot to right, cross left foot behind right foot
11-12 Step right foot to right turning ¼ to right, pivot ¼ to right on right foot, scuff left heel forward
13&14 Step left foot to left, close right foot to left foot, step left foot to left
15-16 Cross rock right foot behind left foot, rock weight forward onto left foot

HEEL BALL CROSS, SIDE ROCK

17&18 Tap right heel diagonally forward, step back on ball of right foot, cross left foot over right foot
19-20 Step right foot to right, rock weight onto left foot

PIVOT TURNS TWICE

21-22 Step right foot forward, pivot ½ turn to left
23-24 Step right foot forward, pivot ½ turn to left

WALKS FORWARD & KICK, WALKS BACK BALL CHANGE

25-28 Walk forward right left right, kick left foot forward & clap hands
29-31 Walk back left right left,
&32 Step back on ball of right foot, change weight onto left foot

REPEAT

On the fifth repetition on counts 25- 32 the music slows right down. After count 32 just tap right foot to left foot ready to start again. The music starts off slow and builds up to fast!

Try dancing in contra lines clapping hands with the person in front of you after walks
