

Cover To Cover

拍數: 32 牆數: 2 級數: contra dance
編舞者: Kelvin Elvidge (USA)
音樂: Things Change - Dwight Yoakam



SIDE SHUFFLE RIGHT, ROCK BACK LEFT, RECOVER RIGHT, SIDE SHUFFLE LEFT, ROCK BACK RIGHT, RECOVER LEFT

- 1&2 Step right foot to right, step left foot together, step right foot to right side
- 3-4 Rock back on left foot behind right foot, step down on right foot
- 5&6 Step left foot to left side, step right foot together, step left foot to left side
- 7-8 Rock back on right foot, step down on left foot

TOE STEPS FORWARD ALTERNATING SNAPS/CLAPS

- 1-2 Touch right toe forward, step down on right foot and snap fingers
- 3-4 Touch left toe forward, step down on left foot and clap
- 5-6 Touch right toe forward, step down on right foot and snap fingers
- 7-8 Touch left toe forward, step down on left foot and clap

VINE RIGHT 2, TURN ¼ RIGHT SHUFFLE, STEP LEFT HALF PIVOT RIGHT SHUFFLE FORWARD LEFT

- 1-2 Step right foot to right, step left foot behind right
- 3&4 Step right foot to right making a ¼ turn right, step left together, step forward on right
- 5-6 Step left foot forward, pivot ½ right on ball of right foot
- 7&8 Step forward on left foot, step right foot together, step forward on left

STEP FORWARD RIGHT, PIVOT ¼ LEFT, SHUFFLE RIGHT FORWARD, ROCK FORWARD LEFT, RECOVER RIGHT, LEFT COASTER STEP

- 1-2 Step forward on right foot, turn ¼ pivot to left
- 3&4 Step forward on right foot, step left foot together, step right foot forward
- 5-6 Rock forward on left foot, recover with weight on right
- 7&8 Step back on left foot, step right together, step forward on left

REPEAT

For doing the dance contra style, tell the people in the facing row that you are sorry for what is about to happen, because counts 9-16 are as follows:

TOE STEPS FORWARD ALTERNATING SNAPS/CLAPS

- 1-2 Touch right toe forward, step down on right foot and snap fingers
- 3-4 Touch left toe forward, step down on left foot and touch right hands to right hands, left to left with the person in front
- 5-6 Touch right toe forward passing through the line in front, step down on right foot and snap fingers
- 7-8 Touch left toe forward, step down on left foot. Drop hands to waist level, palms facing back and touch hands again left to left, right to right. If contact is made to other parts of the body besides hands, just laugh and keep going

For the contra version, counts 25-32 are as follows:

STEP FORWARD RIGHT, PIVOT ¼ LEFT, SHUFFLE RIGHT FORWARD, ROCK FORWARD LEFT, RECOVER RIGHT, LEFT COASTER STEP

- 1-2 Step forward on right foot, turn ¼ pivot to left
- 3&4 Step forward on right foot, step left foot together, step right foot forward
- 5-6 Rock forward on left foot touching right hand to right hand left hand to left hand with person in front, recover with weight on right
- 7&8 Step back on left foot, step right together, step forward on left

