

Byrd Country

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Sal Gonzalez (USA)
音樂: I'm from the Country - Tracy Byrd



TRAVELING HEEL-SWITCH-HOLD BACKWARD

& Step back on left foot
1 Touch right heel forward
&2 Hop back and switch weight, putting left heel forward
&3 Hop back and switch weight, putting right heel forward
4 Hold
&5 Hop back and switch weight, putting left heel forward
&6 Hop back and switch weight, putting right heel forward
&7 Hop back and switch weight, putting left heel forward
8 Hold

BACK BALL STEP, STEP FORWARD, ¼ SHUFFLE WITH RIGHT TURN

&1 Back left ball step, step forward with right
2 Left step forward
3&4 Shuffle forward right-left-right
5&6 Turn half turn to right while shuffling left-right-left
7&8 Turn ¼ to right while shuffling right-left-right (facing 9:00)

TRAVELING HIP PUSHES/KNEE POPS FORWARD

&1 Hop left step forward, bring right next to left while knees are bent and hips lower
2 Pop knees, hip push pop back
&3 Hop left step forward, bring right next to left while knees are bent and hips lower
4 Pop knees, hips push pop back
5-8 Repeat counts 1-4

VINE LEFT ½ TURN VINE

1 Step to the left on left foot
2 Cross right behind left and step
3 Step to the left making ¼ turn left
4 Turn ¼ left, slap right foot with right hand
5 Step to the right on right foot
6 Cross left behind right and step
7 Step to the right on right foot
8 Touch left toe next to right foot

WALK FORWARD WITH HOLDS

1 Walk forward on left foot
2 Hold
3 Walk forward on right foot
4 Hold
5-8 Repeat counts 1-4

PUSH OFF ¼ TURN RIGHT, HOLD TOUCH HIPS SWAY HIPS TO LEFT

&1 Push off back on right foot making a ¼ turn right and step feet apart in place
2 Hold
3 Touch right hand to right hip

4

Touch left hand to left hip

5-8

Sway hips in circle to left for four counts (finish with weight on right foot)

REPEAT
