

# Bowlegged Dream

COPPER KNOB  
STEPSHEETS

拍數: 124      牆數: 1      級數: Intermediate  
編舞者: Louise Woodcock (UK)  
音樂: Back In the Saddle - Matraca Berg



## VINE RIGHT TURNING HALF TURN RIGHT, WEAVE LEFT, LEFT SHUFFLE, ROCK BACK AND FORWARD

1-2            Step right to the right side, cross left behind right  
3-4            Step right to the right side while making a half turn right, hop on right foot while hitching left knee  
5-6            Step left to left side, cross right behind left  
7-8            Step left to left side, cross right in front of left  
9&10          Step left to left side, close right beside left, step left to left side  
11-12         Rock right behind left, rock forward on to left  
13-24         Repeat steps 1-12

## STEP TOUCH X 4, STEP LOCK STEP HITCH RIGHT AND LEFT DIAGONAL

25-26         Step right side ¼ turn right, touch left beside right  
27-28         Step left side ¼ turn right, touch right beside left  
29-32         Repeat steps 25-28  
33-34         Step right diagonally forward right, lock left behind right  
35-36         Step right diagonally forward right, hop on right foot while hitching left knee turning to face left diagonal  
37-38         Step left diagonally forward left, lock right behind left  
39-40         Step left diagonally forward left, hop on left foot while hitching right knee turning to face right diagonal

## TURN RIGHT STEPPING RIGHT. LEFT, RIGHT. LEFT TO FACE HOME WALL, 3 X KNEE POPS, HOLD, PIVOT TWICE, RIGHT HOLD LEFT HOLD, HIP ROLLS TWICE

41-44         Turn right to face home wall stepping right, left, right, left beside right

**This is a 7/8ths of a turn on the spot**

&45           Pop both knees apart lifting heels off floor, bring knees together  
&46           Repeat &45  
&47           Repeat &45  
48            Hold  
49-50         Step forward right, pivot half turn left  
51-52         Repeat 49-50  
53-54         Step right foot diagonally forward right, hold  
55-56         Step left foot diagonally forward left, hold  
57-58         Roll hips in a full circle to the left  
59-60         Repeat 57-58

## RIGHT SHUFFLE. ROCK BACK AND FORWARD, VINE LEFT ¼ TURN LEFT, STEP TOUCH RIGHT AND LEFT, STEP PIVOT ¾ TURN, STEP TOUCH RIGHT, REPEAT OPPOSITE WAY

61&62         Step right to right side, close left beside right, step right to right side  
63-64         Rock left behind right, rock forward on to right  
65-66         Step left to left side, cross right behind left  
67-68         Step left to left side while turning ¼ turn left, touch right beside left  
69-70         Step right to right side, touch left beside right while clicking fingers  
71-72         Step left to left side, touch right beside left while clicking fingers  
73-74         Step forward right, pivot ¾ turn left  
75-76         Step right to the right side, touch left beside right

77-92 Shuffle left; rock back right and forward left, vine right ¼ turn right, step left touch right, step right touch left, step forward left ¾ pivot turn right, step left side touch right

**RIGHT HEEL LEFT HEEL POINT RIGHT HOLD, LEFT HEEL RIGHT HEEL POINT LEFT HOLD, PIVOT RIGHT HALF TURN TWICE, REPEAT ON OPPOSITE FOOT, SHUFFLE FORWARD, STEP PIVOT, TRIPLE STEP, HOP KICK & STEP**

93& Touch right heel forward, bring right back in place  
94& Touch left heel forward, bring left back in place  
95-96 Point right out to right side, hold  
& Bring right in place  
97& Touch left heel forward, bring left back in place  
98& Touch right heel forward, bring right back in place  
99-100 Point left out to left side, hold  
101-102 Step left forward, pivot half turn right  
103- L04 repeat 101-102  
105-116 Left heel right heel point left hold, right heel left heel point right hold, step forward right pivot half turn left twice  
117&118 Step forward right, bring left beside right, step forward right  
119-120 Step forward on left, pivot a half turn right  
121&122 Triple step left, right, left turning a half turn right  
123-124 Hop back on right foot while kicking left foot forward, step down on left foot

**REPEAT**

The dance ends on (step touch x 4). On the 4th step touch, don't do the ¼ turn right (stay on the spot). Then step right foot forward (with bent right leg), right arm down and left arm up in the 'Mammy!' motion like the minstrels.

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