Back In The Country

級數: Improver

編舞者: Ed White (USA)

拍數: 32

音樂: Guilty of the Crime - The Bellamy Brothers

SIDE, BEHIND, QUICK STEP, ROCK, ¼ TURN SHUFFLE, SCUFF-HITCH-STEP

- 1 Step right to right
- 2 Step left behind right
- & Quickly step back on right
- 3 Rock step left foot across in front of and to the right of right foot
- 4 Recover weight in place on right
- 5&6 Turn ¼ left and shuffle forward, stepping left, right, left
- 7&8 Scuff right heel forward, hitch right knee, step on right

HEEL-STEP-STEP, STEP, PIVOT, LEFT HIP WALKS, RIGHT HIP WALKS

- 9 Place left heel forward
- & Quickly step left foot in place
- 10 Step right foot forward
- 11 Step forward on left
- 12 Pivot ½ turn to right, weight to right foot
- 13&14 Step forward and slightly left on left foot, while bumping hips left, right, left
- 15&16 Step forward and slightly right on right foot, while bumping hips right, left, right

KICKS, HOLD/CLAP, STEP, HOLD, QUICK STEP-POINT, ½ MONTEREY RIGHT

- 17& Kick left foot across in front of right, step left in place
- 18& Kick right foot across in front of left, step right in place
- 19& Kick left foot across in front of right, step left in place
- 20 Hold and clap
- 21 Step right foot to right
- 22 Hold
- &23 Quickly step left foot beside right, point right toe to right
- 24 Make a ¹/₂ turn right while bringing right foot beside left, weight to right foot

LEFT SHUFFLE, ROCK, STEP, RIGHT KICK BALL STEPS

- 25&26 Shuffle to the left, stepping left, right, left
- 27 Rock back on right foot

You should now be facing 9:00)

- 28 Recover weight forward on left (your body should turn 1/8 to 10:30)
- 29 Kick right foot forward
- & Quickly step right in place
- 30 Step forward on left foot
- 31 Kick right foot forward
- & Quickly step right in place
- 32 Step forward on left foot

As you start pattern again, square up to the wall, 1/8 left

REPEAT





牆數:4