

Country Blues

拍數: 64 牆數: 4 級數: Improver
編舞者: Yvonne Krause (USA) - November 2007
音樂: Bob Away My Blues - Clint Black



FORWARD AND BACK TRIPLE STEPS

- 1 2 3&4 Rock forward on right foot, recover onto left, triple step, right left right.
5 6 7&8 Rock back on left foot, recover onto right, triple step, left right left.

CROSS ROCK TRIPLE STEP ¼ TURN, ROCK RECOVER, COASTER

- 1 - 2 Cross rock right over left, rock back onto left.
3&4 As you begin your triple step make a ¼ turn right, stepping right, left, right.
5 - 6 Rock forward on left foot, recover onto right.
7&8 Step back on left foot, step right beside left, step forward on left.

RT AND LFT POINTS, RT AND LFT HEEL SWITCHES, ROCK RECOVER

- 1 - 2& Point right foot to right side and hold. Bring right foot back next to left.
3 - 4& Point left foot to left side and hold. Bring left foot back next to right.
5&6& Touch right heel forward, step right beside left, touch left heel forward, step left beside right.
7 - 8 Rock forward onto right foot, rock back onto left in place.

SHUFFLE ½ TURN RIGHT, PIVOT TURN ¼ RIGHT, CROSS AND CROSS, ROCK RECOVER TO SIDE

- 1&2 Shuffle making ½ turn right, stepping right, left, right.
3 - 4 Step forward left, pivot ¼ turn to right.
5&6 Cross left over right, step right to right side, cross left over right.
7 - 8 Rock to right side on right foot, rock onto left in place.

SAILOR STEP, SAILOR ¼ TURN LEFT, HIP BUMPS

- 1&2 Cross right behind left, step left to left side, step right in place.
3&4 Cross left behind right. As you make ¼ turn left, step right to right side, step left to place.
5&6 Step forward right bumping hips right, left, right.
7&8 Step forward left bumping hips, left, right, left.

KICK BALL CHANGE, ROCK RECOVER TO SIDE, BEHIND SIDE CROSS

- 1&2 Kick right forward, step right beside left, step onto left in place.
3&4 Kick right forward, step right beside left, step onto left in place.
5 - 6 Rock to right side on right foot, rock onto left in place.
7&8 Step right behind left, step left beside right, step right in front of left.

KICK BALL CHANGE, ROCK RECOVER TO SIDE, BEHIND SIDE CROSS

- 1&2 Kick left forward, step left beside right, step onto right in place.
3&4 Kick left forward, step left beside right, step onto right in place.
5 - 6 Rock to left side on left foot, rock onto right in place.
7&8 Step left behind right, step right beside left, step left in front of right.

RIGHT HEEL GRIND W/¼ TURN RIGHT, COASTER STEP, LEFT HEEL GRIND W/¼ TURN LEFT, COASTER STEP

- 1 - 2 Rock forward on right heel as you turn ¼ to right, replace weight onto left.
3&4 Step backward onto right, step left beside right, step forward onto right.
5 - 6 Rock forward on left heel as you turn ¼ turn to left, replace weight onto right.
7&8 Step backward onto left, step right beside left, step forward onto left.

