

Cowpokes Blues

拍數: 32 牆數: 4 級數: Improver
編舞者: Louise Elfvingren (NOR) - March 2010
音樂: Where Cowpokes Grow - Bryan Ragsdale



Start at Vocals.

Section 1

KICK BALL CHANGE, STEP TURN ¼ LEFT, CROSS SHUFFLE, STEP TURN ½ RIGHT

1&2 Kick right fw, step down on right, step down on left
3-4 Step fw right, turn ¼ left stepping down left beside right
5&6 Cross right over left, step left to left, cross right over left
7-8 Step fw left, turn ½ right stepping fw right.

Section 2

KICK BALL CHANGE, STEP TURN ¼ RIGHT, FULL TRIPLE TURN MOVING RIGHT, TURN ¼ RIGHT, WALK x 2

1&2 Kick left fw, step down on left, step down on right
3-4 Step fw left, turn ¼ right stepping down right beside left
5&6 Full tripletturn over right shoulder left-right-left, moving slightly to right
Option 5&6 = cross shuffle/ Cross left over right, step right to right side, cross left over right
7-8 Turn ¼ right, walking fw right-left

Section 3

ROCK & CROSS. COASTER STEP, STEP TURN ½ LEFT, FULL TRIPLE TURN LEFT

1&2 Rock right to right side, recover onto left, cross right over left
3&4 Step left back, step right next to left, step left forward
5-6 Step right forward, turn ½ left stepping forward on left
7&8 Full tripletturn over left shoulder right-left-right
Option 7&8 = Shuffle forward/ Step right forward, step left beside right, step right forward

Section 4

WIZARD STEPS DIAG. LEFT-RIGHT, ROCK FW REC. COASTER STEP

1-2& Step left diag. fw a long step, lock right behind left, small step fw left
3-4& Step right diag. fw a long step, lock left behind right. Small step fw right
5-6 Rock fw left, recover onto right
7&8 Step back left, step right next to left, step forward on left.

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