

P & R Gone Country

COPPERKNOB
STEPSHEETS

拍數: 72 牆數: 2 級數: Intermediate
編舞者: Pam Leader (USA) & Reuben Luna (USA) - November 2009
音樂: Amie - Lonestar



Intro: Start dance 16 counts into the song (at the start of the lyrics)

LOCK FORWARD, LEFT CHASE TURN, ½ LEFT TURNING SAILOR, WALK R,L

1&2 Step L forward, lock R behind L, step forward L
3&4 Step R, pivot ½ turn to the left weight on L, (6:00) step forward R
5&6 Step L behind R, step R to right making ¼ turn to the left,(3:00) step L forward into ¼ turn to the left (12:00)
7,8 Walk R, walk L

HEEL ROCK, RECOVER ½ TURN R, HEEL ROCK, RECOVER, COASTER STEP, ¼ TURN L CROSSING SHUFFLE, HINGE L, CROSS R OVER L

1&2& Right Heel forward, recover back on the left, ½ turn to the right and right heel forward,(6:00) recover onto the L
3&4 Step R back, step L beside R, step R forward
5&6 ¼ turn to the L (3:00) cross L over R, step R to R, cross L over R
7&8 Step R back ¼ turn L (12:00), step L to L side ¼ turn L, (9:00) cross R over L

POINT, CROSS, HEEL FORWARD, SIDE, COASTER, SCUFF, ¼ LEFT JAZZ, CROSS R OVER L

1,2 Point L to the Left, cross L over R
3&4& R Heel Forward, recover L, R heel side, recover L
5&6& Step R back, step L beside R, step R forward, scuff L forward
7&8& Cross L over R, step R back, ¼ turn left (6:00) step L to L, cross R over L

REVERSE TURNING RUMBA BOX

1,2 Step L back, step R to R side into ¼ turn to the right, (9:00)
3&4 Step L forward into ¼ turn R, (12:00) cross R over L, step L back into ¼ turn to the right, (3:00)
5,6 Step R to side, step L forward into ¼ turn R (6:00)
7&8& Cross R over L, step L back, step R back, recover onto L

R SCISSOR, HEEL DRAG X 2, COASTER , STEP R FORWARD, ROCK, RECOVER, SCUFF

1&2 Step R to right side, step L next to R, cross R over L
3&4& Step L back with right heel drag (toes up), clap, step R back with left heel drag (toes up), clap
5&6 Step L back, step R beside L, step L forward
7&8& Step R forward, rock L to the left, recover R, scuff L across R (7:30)

TURNING HEEL SCUFF X 4 (¾ TO THE RIGHT), SHUFFLE LRL, SCUFF INTO ¼ TURN R, SHUFFLE RLR, SCUFF L

1&2& Step L over R, scuff R into ¼ turn right, (9:00) step R forward, scuff L into ¼ to the right (12:00)
3&4& Step L forward, scuff R into ¼ turn right,(3:00) step R forward, scuff L
5&6& Step L forward, step R beside L, step L forward, scuff R into ¼ turn to the right(6:00)
7&8& Step R forward, step L beside R, step R forward, scuff L

JAZZ, WEAVE LEFT, WEAVE RIGHT STEP R INTO ¼ TURN R

1,2 Cross L over R, step R Back
3&4& Step L to left, cross R over left, step L to left, cross R behind left
5&6& Step L to left, cross R over L, rock L to left, recover R

7&8& Cross L behind right, step R to right, cross L over right, step R forward into ¼ turn to the right (9:00)

MODIFIED JAZZ, ¼ SHUFFLE TO LEFT , ¾ TO LEFT, FULL TURN R, SCUFF

1,2 Cross L over R, step R back into 1/8 turn to the left (7:00)

3&4 Step L into ¼ turn to the left, (5:00) step R beside left, step L forward

5&6 Step R back into ½ turn to the left (11:00), step L forward into a ¼ turn to the left, (7:00) step R forward

7,8& Step L back into a ½ turn to the right,(2:00) step R forward into a ½ turn to the right, scuff L (7:00)

BOUNCE X 3, L HEEL HITCH, R HEEL HITCH INTO ¼ TURN TO LEFT, BOUNCE X 3, R HEEL HITCH, L HEEL HITCH INTO 1/8 TURN TO THE RIGHT SQUARING UP AT THE NEW WALL

1&2& Step L to side, bounce down, up, bounce down, up

3&4& Bounce down, up with L heel hitch, recover L, bounce down, hitch R heel, ¼ turn to the left * (5:00)

5&6& Recover R bounce down, up, bounce down, up

7&8& Bounce down, up with R heel hitch, recover R bounce down, hitch L heel into 1/8 turn to the right squaring up at the new wall.(6:00)

End of dance

Last 8 counts of 3rd wall is modified as below:

BOUNCE X 3, R HEEL HITCH, L HEEL HITCH INTO 1/8 TURN TO LEFT, RECOVER L SQUARING UP AT THE NEW WALL

1&2& Step L to side, bounce down, up, bounce down, up

3&4& Bounce down, up with R heel hitch, recover R, bounce down, hitch L heel into 1/8 turn to the left (6:00) * - Note restart will happen at the end of these 4 counts

Contacts: (Hellonutagain@aol.com) & (rsluna2@aol.com)
