

Cowgirl Caper

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Improver / Intermediate
編舞者: Knox Rhine (USA) - February 2011
音樂: Get On It - The Sunny Cowgirls



**** 2 Restarts.**

Alt. music:

Askin' Questions/ Brad Paisley (118 bpm) 16 count intro.

Dedicated to my proof reader/dancers: Robbin, Jill, Lyn & Toni
16 count intro.

CROSS ROCK, SIDE-TOGETHER-SIDE, CROSS ROCK, SIDE-TOGETHER-SIDE

1 Step LEFT foot across in front of right leg
2 Rock left onto RIGHT foot
3 Step LEFT foot to left side
& Step RIGHT foot beside left foot
4 Step LEFT foot to left side
5 Step RIGHT foot across in front of left leg
6 Rock right onto LEFT foot
7 Step RIGHT foot to right side
& Step LEFT foot beside right foot
8 Step RIGHT foot to right side

PIVOT TURN, SHUFFLE, PIVOT TURN, SHUFFLE

9 Step LEFT toe/ball forward
10 Pivot 1/2 turn right on ball of RIGHT foot
11 Step LEFT foot forward
& Step RIGHT foot beside left foot
12 Step LEFT foot forward
13 Step RIGHT toe/ball forward
14 Pivot 1/2 turn left on ball of left foot
15 Step RIGHT foot forward
& Step LEFT foot beside right foot
16 Step RIGHT foot forward

ENDING:

13 Step RIGHT foot forward
14 Rock back onto LEFT foot
15&16 Triple step in place(RLR)

1/4 TURN SIDE SHUFFLE, 1/4 TURN FORWARD SHUFFLE, 1/4 TURN SIDE SHUFFLE, 1/4 TURN FORWARD SHUFFLE

& Pivot 1/4 turn right on ball of RIGHT foot
17 Step LEFT foot to left side
& Step RIGHT foot beside left foot
18 Step LEFT foot to left side
& Pivot 1/4 turn left on ball of LEFT foot
19 Step RIGHT foot forward
& Step LEFT foot beside right foot
20 Step RIGHT foot forward

& Pivot 1/4 turn right on ball of RIGHT foot
21 Step LEFT foot to left side
& Step RIGHT foot beside LEFT foot
22 Step LEFT foot to left side
& Pivot 1/4 turn left on ball of LEFT foot
23 Step RIGHT foot forward
& Step LEFT foot beside right foot
24 Step RIGHT foot forward

1/4 TURN SIDE SHUFFLE, 1/4 TURN BACK SHUFFLE, 1/4 TURN SIDE SHUFFLE, 3/4 RIGHT TURNING SHUFFLE

& Back pivot 1/4 turn left on ball of RIGHT foot
25 Step LEFT foot to left side
& Step RIGHT foot beside left foot
26 Step LEFT foot to left side
& Back pivot 1/4 turn right on ball of LEFT foot
27 Step RIGHT foot back
& Step LEFT foot beside right foot
28 Step RIGHT foot back
& Back pivot 1/4 turn left on ball of RIGHT foot
29 Step LEFT foot to left side
& Step RIGHT foot beside left foot
30 Step LEFT foot to left side
& Back Pivot 1/4 turn right on ball of LEFT foot
31 Step RIGHT foot 1/4 turn right
& Step LEFT foot beside right foot
32 Step RIGHT foot 1/4 turn right

BEHIND-SIDE-CROSS, SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK

33 Step LEFT foot across behind right left
& Step RIGHT foot to right side
34 Step LEFT foot across in front of right leg
35 Step RIGHT foot to right side
36 Rock left onto LEFT foot
37 Step RIGHT foot across behind left leg
& Step LEFT foot to left side
38 Step RIGHT foot across in front of left leg
39 Step LEFT foot to left side
40 Rock right onto RIGHT foot

[RESTART POINT] Walls 2 and 4.

FORWARD COASTER, BACK, BACK, BACK COASTER, FORWARD, FORWARD

41 Step LEFT foot forward
& Step RIGHT foot beside left foot
42 Step LEFT foot back
43 Step RIGHT foot back
44 Step LEFT foot back
45 Step RIGHT foot back
& Step LEFT foot beside right foot
46 Step RIGHT foot forward
47 Step LEFT foot forward
48 Step RIGHT foot forward

LEFT & RIGHT DIAGONAL SHUFFLES FORWARD, SAILOR STEP, SAILOR STEP

49 Step LEFT foot forward-left
& Step RIGHT foot beside left foot
50 Step LEFT foot forward-left
51 Step RIGHT foot forward-right
& Step LEFT foot beside right foot
52 Step RIGHT foot forward-right
53 Step LEFT foot across behind right leg
& Step RIGHT foot to right side
54 Step LEFT foot to left side
55 Step RIGHT foot across behind left leg
& Step LEFT foot to left side
56 Step RIGHT foot to right side

LEFT & RIGHT DIAGONAL SHUFFLE BACK, CROSS, POINT, CROSS, POINT

57 Step LEFT foot back-left
& Step RIGHT foot beside left foot
58 Step LEFT foot back-left
59 Step RIGHT foot back-right
& Step LEFT foot beside right foot
60 Step RIGHT foot back-right
61 Step LEFT foot across behind right leg
62 Point RIGHT toe to right side
63 Step RIGHT foot across in front of left leg
64 Point LEFT toe to left side

****Restart after count 40 of pattern 2 and 4**

Sequence: Intro, Full, Restart, Full, Restart, Full, end on count 16.

Sequence: 16 - 64 - 40 - 64 - 40 - 64 - 16
