

Keepin' it country

拍數: 40 牆數: 4 級數: Improver
編舞者: Nathalie Lagache (FR) - February 2012
音樂: Keepin' It Country - Jake Owen



Start: 24 counts

(1-8) Stomp Up, recover, cross shuffle, point ¼ turn, stomp up, triple step

1-2 Stomp R in front of L, Recover step on the right,
3 & 4 cross L over R, step R to R side , cross L over R
5-6 touch L side with R, ¼ R turn with stomp of the R foot ahead (3h00)
7& 8 L step, R step,L step recover

(9-16) Out out, in in, points, rock step ¼ turn, side, swivels heel-toes-heel ,clap

1-2 little Jump foot L on L foot R on R, little jump foot R next to foot L
3& Touch L side with R (3), then back L with R (&)
4-5-6 Back Rock Step With R and ¼ turn R, recover on L (4-5), R away on the R side (6) (6h00)
7&8 Swivel with L foot to the R : L heel, then L toes, then L heel with clap

(17-24) ¼ turn Bump x2 clap, heel ball change, kick ball cross, Vine to Right

1 – 2 ¼ turn L on first L.Bump, clap second L.Bump
3&4 R.Heel forward, step right in place, step left in place
5 &6 Kick R forward, step right in place, L. cross over R
7&8 R to R side, L behind, R to R side

(25-32) 1 ¼ turn, step x 2, hitch, sailor step ¼ turn

1 -2 ¼ turn L with L forward (1), ¼ turn L weight on both feet(2),
3&4 ¾ turn L with L forward (3), step R(&), step L (4)
5 - 6 Hitch R knee ,recover R forward
7 - 8 Cross left behind right with ¼ turn, Step right to right side, Step left forward.

(33-40) Skate R, Skate L, R.shuffle , skate R, SkateL, L shuffle

1 – 2 Skate R forward to L diagonal, Skate L forward to L diagonal,
3 & 4 Step R fwd, Step L next to R, Step R fwd to L diagonal.
5 – 6 Skate L forward to L diagonal, Skate R forward to L diagonal,
7 & 8 Step L fwd, Step R next to L, Step L fwd to L diagonal.