

This Ole Boy

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Rachael McEnaney (USA) - March 2012
音樂: This Ole Boy - Joe Nichols : (Album: It's All Good - 3:40)



Count In: 16 counts from start of track, dance begins on vocals.

- 1 - 8 Syncopated weave R, L behind side cross, R side rock with ¼ turn L**
- 1 2 & 3 4 Step right to right side (1), cross left behind right (2), step right to right side (&), cross left over right (3), step right to right side (4) 12.00
- 5 & 6 Cross left behind right (5), step right to right side (&), cross left over right (6) 12.00
- 7 - 8 Rock right to right side (7), make ¼ turn left as you recover weight onto left (8) 9.00
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- 9 - 16 R shuffle, full turn R (or walk LR), rock fwd L, L coaster step**
- 1 & 2 Step forward on right (1), step left next to right (&), step forward on right (2) 9.00
- 3 - 4 Make ½ turn right stepping back on left (3), make ½ turn right stepping forward on right (4) Easy option: Walk left (3), walk right (4) 9.00
- 5 6 7 & 8 Rock forward on left (5), recover weight onto right (6), step back on left (7), step right next to left (&), step forward on left (8) 9.00
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- 17 - 24 Rock fwd R, full turn R triple step (or R coaster step), rock fwd on L, ¼ turn L side shuffle**
- 1 2 3 & 4 Rock forward on right (1), recover weight onto left (2), make full turn right stepping in place right, left right (3&4) 9.00
Easy option: Step back on right (3), step left next to right (&), step forward on right (4)
- 5 - 6 Rock forward on left (5), recover weight onto right (6), 9.00
- 7 & 8 Make ¼ turn left stepping left to left side (7), step right next to left (&), step left to left side (8) 6.00
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- 25 - 32 Weave L (crossing R) with ¼ turn L, step R, ½ pivot L, walk forward RL**
- 1 2 3 4 Cross right over left (1), step left to left side (2), cross right behind left (3), make ¼ turn left stepping forward on left (4) 3.00
- 5 6 7 8 Step forward on right (5), pivot ½ turn left (6), step forward on right (7), step forward on left (8) 9.00
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- 33 - 40 2x heel switches RL, cross vaudeville with R heel, 2x heel switches LR, step L, ¼ turn R**
- 1 & 2 Touch right heel forward (1), step right next to left (&), touch left heel forward (2) 9.00
- & 3 & 4 Step left next to right (&), cross right over left (3), step left to left side (&), touch right heel to right diagonal (4) 9.00
- & 5 & 6 Step right foot in place (&), touch left heel forward (5), step left next to right (&), touch right heel forward (6) 9.00
- & 7 8 Step right next to left (&), step forward on left (7), pivot ¼ turn right (8) 12.00
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- 41 - 48 L cross, R side, L sailor step, R cross, L side, R sailor with heel**
- 1 2 3 & 4 Cross left over right (1), step right to right side (2), cross left behind right (3), step right next to left (&), step left to left side (4) 12.00

5 6 7 & 8 Cross right over left (5), step left to left side (6), cross right behind left (7), step left next to right (&), touch right heel to right diagonal (8) 12.00

49 - 56 R ball, cross L, hold, R ball, L cross shuffle, R kick ball cross, R side rock

& 1 2 Step in place on ball of right (&), cross left over right (1), hold (2) 12.00

& 3 & 4 Step slightly to right on ball of right (&), cross left over right (3), step right to right side (&), cross left over right (4) 12.00

5 & 6 7 8 Kick right to right diagonal (5), step in place on ball of right (&), cross left over right (6), rock right to right side (7), recover weight left (8) 12.00

57 - 64 R sailor with ¼ turn R, L kick ball change, step L, ¼ pivot R, L cross shuffle

1 & 2 Cross right behind left (begin turn R) (1), complete ¼ turn to right stepping left next to right (&), step forward on right (2) 3.00

3 & 4 Kick left foot forward (3), step in place on ball of left (&), step in place on right (4) 3.00

5 6 7 & 8 Step forward on left (5), pivot ¼ turn right (6), cross left over right (7), step right to right side (&), cross left over right (8) 6.00

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in it's original format and include all contact details on this script.

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