

Country and Love It

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Donna Manning (USA) - January 2013
音樂: C.O.U.N.T.R.Y. (Remix) (feat. Colt Ford) - LoCash Cowboys



Sec. 1: Heel, Heel, Behind, ¼, ¼, Heel, Heel, Behind, ¼, Step Forward

1, 2, 3 & 4 L Heel tap x2, L Behind, ¼ turn R with R forward, ¼ turn R stepping L to side (6:00)
5, 6, 7 & 8 R Heel tap x2, R Behind L, ¼ turn L with L forward, step R forward (3:00)

Sec. 2: Rock, Recover, L Back Coaster, Step ½ Turn L, Step Scuff, ¼ Turn R Hitch

1, 2, 3&4 L Forward Rock, Recover weight to R, Step L back, R next to L, Step L forward
5, 6 Step R forward, ½ Turn L taking weight to L
7 & 8 Step R forward, Scuff L past R, Hitch L as you make ¼ Turn to the R (12:00)

Sec. 3: Cross, Hold, Ball Cross, Ball Heel, Ball Cross, ¼ Turn R, ¼ Turn R, Step Forward

1, 2 Cross L over R, Hold
&3, &4 Step ball of R to R, Cross L over R, Step R to R side, Touch L Heel to L diagonal (10:00)
&5,6,7,8 Step L back to center, Cross R over L, ¼ Turn R Step back on L(3:00), ¼ Turn R Stepping forward on R, Step forward on L (6:00)

Sec.4: Step, Scuff, Hitch, Step, Scuff Hitch, Back, Back, Coaster Cross

1&2 3&4 Step R forward, Scuff L past R, Hitch L, Step L forward, Scuff R past L, Hitch R
5, 6, 7&8 Walk back R- L, Back on R, Together with L, Step R across L (6:00)

*****RESTART HERE ON WALL 1*****

Sec.5: Toe Switches L to R and Front to Back, Step Touch, Take Weight, Step Touch Take Weight

1&2&3&4 Touch L toe to L side, Close L to center, Touch R toe to R Side, Close R to Center (angle body to allow hips to open to the R) Touch L toe forward, Close L to center, Touch R toe back
&5, 6 Step R behind L as you touch L forward (sitting back on R foot), push up on R leg to take weight on L
&7, 8 repeat &5, 6 (6:00)

Sec.6: ½ Turn R Monterey, Kick and Cross, ¼ Turn R, Together, Knee pops

1, 2, 3&4 Touch R to R side, bring R to center as you ½ turn to R taking weight to R foot (12:00) Kick L to diagonal, bring L to center, Cross R over L
5,6 &7&8 ¼ Turn R Stepping back on L, Close R next to L, pop knees raising heels, return heels to floor and repeat taking weight to L on 8

Sec.7: Step, Together, Swivets, Step, Together, Swivets

1,2 Step R forward, Bring L together to R
&3 On heel of L and ball of R – toes of L go to L, heel of R goes to the R, return to center
&4 On heel of R and ball of L – toe of R go to R, heel of L goes to the L, return to center weight to R
5,6 Step forward on L, Bring R together to L
&7 repeat &3
&8 repeat &4 weight ends on the R

END OF DANCE! HAVE FUN!!

Please do not alter this step sheet in any way.

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