

C.B.F.

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pat Esper (USA) - March 2013
音樂: Country Boy Fresh - The Lacs



Cross rock, Recover, Side triple, Cross rock, Recover, Side triple turn

- 1-2 . Rock the left foot over the right. Recover onto the right foot.
- 3&4 . Step the left foot to the side, Step the right foot next to the left, Step the left foot to the side.
- 5-6 . Rock the right foot over the left. Recover onto the left foot.
- 7&8 . Step the right foot to the side, Step the left foot next to the right, Turn a quarter turn to the right while stepping forward on the right foot.

Forward, Touch, Forward, Touch, Back, Touch, Back, Together

- 9-10 . Step forward at an angle on the left foot. Touch the right foot next to the left.
- 11-12 . Step forward at an angle on the right foot. Touch the left foot next to the right.
- 13-14 . Step back at an angle on the left foot. Touch the right foot next to the left.
- 15-16 . Step back at an angle on the right foot. Step the left foot next to the right. (even the weight)

Toes out, Heels out, Heels in, Toes in, Repeat

- 17-18 . Turn toes of both feet out. Turn both heels out.
- 19-20 . Bring both heels in. Bring toes of both feet in.
- 21-22 . Turn toes of both feet out. Turn both heels out.
- 23-24 . Bring both heels in. Bring toes of both feet in.

Brush off thighs, Brush left shoulder off, Brush right shoulder off, Pop shirt

- 25-26 . Brush off both thighs with hands. Repeat.
- 27-28 . With back of right hand brush off left shoulder. Repeat.
- 29-30 . With back of left hand brush off right shoulder. Repeat.
- 31-32 . With thumbs and index fingers pinch the front off the shirt about upper pectoral high. Pull out and release shirt.

Start dance again

Contact: ptesper@gmail.com on Facebook at The Redneck Revolution (of music and dance with Pat Esper)
