

Farm Girl Strong

COPPER KNOB
BY STEPHEN B. B. B.

拍數: 32 牆數: 4 級數: Beginner
編舞者: Judy McDonald (CAN) - January 2013
音樂: Farm Girl Strong - Gord Bamford : (CD: Is It Friday Yet? - iTunes)



Start with the lyrics after a 16 count intro.

Listen to the lyrics and add in some "stuff" on those hip bumps and step touches to give it your own style...and have fun!

R side triple, L rock back

1&2 3 4 Step R to side (1), step L beside right (&), step R to side (2), rock L back (3), recover on R (4)

L step ½ pivot, L step side, clap

5 6 7 8 Step L forward (5), pivot ½ turn and take weight on R (6), step L to side (7), clap (8)...now facing 6 o'clock

Bump hips Rx2, Lx2,

1&2 3&4 Bump hips R two times (1&2), bump hips left two times (3&4)

Circle hips x 2

5 6 7 8 Rotate hips counter-clockwise two times (5 6 7 8)

R step forward, L touch side, L step forward, R touch side

1 2 3 4 Step R forward (1), touch L out to side (2), step L forward (3), touch R out to side (4)

Box ¼ turn

5 6 7 8 Step R across in front of left (1), step L back (2), make ¼ turn right and step R forward (3), step L beside right (4)...now facing 9 o'clock

R kick ball change, R stomp, clap

1&2 3 4 Kick R forward (1), step R back (&) step L in place (2), stomp (or step) R forward (3), clap (4)

L kick ball change, L stomp, clap

5&6 7 8 Kick L forward (5), step L back (&) step R in place (6), stomp (or step) L forward (7), clap (8)

BIG FINISH!

The song will end after the first 5 counts of the dance, so do the pivot turn, which will turn you to face the front wall, and pose for your big ta-da!

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