

It's Hard To Be A Hippie

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Easy Improver
編舞者: Diana Dawson (UK) - November 2013
音樂: Hard To Be a Hippie (feat. Willie Nelson) - Billy Currington : (Album: We Are Tonight)



16 count intro – start on vocals

Section 1: SIDE SWITCHES, HEEL SWITCHES, STEP, HALF TURN, SHUFFLE HALF TURN

1& Point right toes to right side, step right beside left.
2& Point left toes to left side, step left beside right
3& Tap right heel forward, step right beside left
4& Tap left heel forward, step left beside right
5-6 Step forward on right foot, pivot half turn left stepping forward onto left [6.00]
7&8 Shuffle half turn left, stepping Right-Left-Right [12.00]

Section 2: COASTER STEP, WALK FORWARD, MAMBO FORWARD, BACK LOCK BACK

1&2 Step back on left foot, step right beside left, step forward on left
3-4 Walk forward right – left
5&6 Rock forward on right, recover onto left, step back on right
7&8 Step back on left, lock step right over left, step back on left

Section 3: BACK, ROCK, HEEL STRUT (Right & Left), SAILOR QUARTER TURN, SHUFFLE FORWARD

1& Rock back on right foot (slightly behind left), recover onto left
2& Touch right heel out to right side, snap toes to floor
3& Rock back on left foot (slightly behind right), recover onto right
4& Touch left heel out to left side, snap toes to floor
5&6 Step right behind left, quarter turn left stepping left to left side, step right to right side
7&8 Left shuffle forward, stepping Left-Right-Left [9.00]

Section 4: ROCK FORWARD, HALF TURN SHUFFLE, JAZZBOX TOUCH

1-2 Rock forward on right foot, recover onto left
3&4 Shuffle half turn right, stepping Right-Left-Right [3.00]
5-6-7-8 Cross left over right, step back on right, step left to left side, touch right beside left.

Begin again

Ending – the dance/music finishes at the end of Section 1 facing 6 o'clock.

Replace the half turn shuffle (steps 7&8) with a simple Right Shuffle Forward facing 12 o'clock

My thanks to Glennys Croston for bringing this track to my attention!

Contact: www.silverstarswesterndancers.com - dianadawson@btinternet.com - Tel:01896 756244