

Katie (P)

拍數: 32 牆數: 2 級數: Easy Beginner - Contra Partner
編舞者: Don Pascual (FR) - January 2014
音樂: (Come Down the Mountain) Katie Daly - Mike Denver



Start on vocals (intro 32 counts)

Start position: The partners are facing each other, at a distance of a little more than two shuffles, being slightly to the right of each other.

This dance can also be practiced as a «contra» dance, men facing ladies

Man's footwork and lady's footwork are the same.

Keep your hands at your waist during the whole dance (when not used)

Section 1: (Heel switches R,L, R toe behind, hold +claps) x2

1&2 R heel forward, step R beside L, L heel forward
&3&4 Step L beside R, point R toe slightly crossed behind L, hold+ clap, clap
5&6 R heel forward, step R beside L, L heel forward
&7&8 Step L beside R, point R toe slightly crossed behind L, hold+ clap, clap

Section 2: Shuffle R fwd, scuff hitch stomp L & R, stomp LRL

1&2 Step R forward, step L beside R, step R forward
3&4 L scuff, L hitch, L stomp slightly forward
5&6 R scuff, R hitch, R stomp slightly forward
7&8 Stomp L beside R, stomp R beside L, stomp L beside R

Nota: At the end of section 2, man and lady are standing side by side, right shoulders facing each other.

Section 3: R & L shuffle making a ½ circle to the R, R cross rock step fwd, R side shuffle

On counts 1 to 4, man and lady are holding up their right hands, palm to palm, switching sides while rotating half a circle to their right, looking at each other. Keep the «palm to palm position» until you danced count 6.

1&2 Step R forward, step L beside R, step R forward (making a ¼ circle to the R)
3&4 Step L forward, step R beside L, step L forward (making a ¼ circle to the R)
5-6 Cross rock R over L, recover onto L
7&8 Switch sides, passing in front of each other, stepping R, L, R

Count 8, left shoulders are facing each other.

Section 4: L cross rock step, L side shuffle, R rock step fwd, L & R back scoots

1-2 Cross rock L over R, recover onto R
3&4 Switch sides, passing in front of each other, stepping L, R, L
5-6 Rock R forward, recover onto L
&7 L scoot backward, step R backward
&8 R scoot backward, step L backward

On counts 1-2, partners are holding their left hands, palm to palm

On counts 5-6, partners are holding their right hands, palm to palm.

Have fun with this dance...

Contact: countryscal@orange.fr