Country Spirit Swing

級數: Intermediate ECS

編舞者: Nicola Lafferty (UK) - March 2014

音樂: What You Think About Us - Ashley Gearing

Intro: 24 Counts (begin just after vocals on the word 'driving')

Note: There is an 8 count tag after Wall 4

拍數: 32

This dance is dedicated to Mumu, Cyril and all at Country Spirit, Falquemont. Thank you so much for inviting me to the east of France for the first time!

[1-8] Cross Rock Recover, Side Shuffle with ¼ Turn R, Side Stomp Hold (Clap), Ball Side, Touch

- Cross rock RF over LF, recover weight to LF 1,2
- 3&4 Step RF to R side, Close LF to RF, Step RF fwd making 1/4 turn R
- 5,6 Stomp LF to L side, Hold and Clap
- &7,8 Close RF to LF, Step LF to L side, Touch RF beside LF (face 3.00)

[9-16] 1/2 Turn Shuffle fwd. 1/2 Turn Shuffle back. Rock Recover. Full Turn

- Making 1/4 turn R (towards 6.00) Step RF fwd, close LF to RF, Step RF fwd 1&2
- 3&4 Making ¹/₂ turn R, Step LF back, Close RF to LF, Step LF back (face 12.00)
- 5.6 Rock RF back, recover weight to LF
- 7,8 Turning over L shoulder, make a full turn travelling fwd, step RF, LF (face 12.00)

[17-24]□Step Heel, Step Flick ½ turn, Shuffle fwd, ¼ Pivot□

- Step RF to R side, touch L heel to L diagonal 1,2
- 3.4 Step down on LF and flick RF across L knee as you make ¹/₂ turn R (face 6.00)
- Step RF fwd, Close LF to RF, Step RF fwd 5&6
- Step LF fwd, 1/4 pivot turn to R (face 9.00) 7,8

[25-32] Extended Cross Shuffles, Hold, 4 Skates/Swivels with 1/2 Turn

- 1&2& Cross LF over RF, Step RF to R side, Cross LF over RF, Step RF to R side
- 3,4 Cross LF over RF, Hold (face 9.00)
- 5,6 Skate RF fwd, make 1/4 turn L and skate LF fwd (face 6.00)
- Skate RF fwd, make 1/4 turn L and skate LF fwd (face 3.00) 7.8

Tag : \Box (occurs after wall 4):

- 1,2 Step RF to R diagonal, Touch LF to RF as you clap
- Step LF to L diagonal, Touch RF to LF as you clap 3.4
- 5,6 Step RF back to R diagonal back, Touch LF to RF as you clap
- 7,8 Step LF back to L diagonal back, Touch RF to LF as you clap

Begin again

Contact: nicola.h.lafferty@gmail.com





牆數: 4