

North Carolina Stroll (P)

COPPER KNOB
STEPSHEETS

Count: 16

Wall: 0

Level: Partner

Choreographer: Unknown - July 2013

Music: Fast As You - Dwight Yoakam



History/Lineage: Seems to be a variation on "North Carolina Sway" (choreographer also unknown). This variation of the dance is predominant in SouthEastern New Hampshire and NorthEastern Massachusetts, USA.

Start with couple facing outside line-of-dance (OLOD), lady in front of man, hands joined at lady's shoulders. Both partners use same footwork.

HEEL, TOGETHER, HEEL, TOGETHER, HEEL, TURN 1/4 RIGHT, KICK, STEP BACK

- 1-2 Touch right heel diagonally forward, step right foot next to left foot
- 3-4 Touch left heel diagonally forward, step left foot next to right foot
- 5-6 Touch right heel diagonally forward, turn 1/4 right and step right forward
- 7-8 Kick left foot forward (low), step left foot back

BACK, TURN 1/2 LEFT, TURN 1/4 LEFT, BEHIND, TURN 1/4 RIGHT, STEP, STEP, TURN 1/4 RIGHT

- 1-2 Step right foot back, turn 1/2 left and step left forward
- 3-4 Turn 1/4 left and step right foot to side, step left foot behind right

Hands: Prior to count 3, release left hands. On count 3, pass joined right hands over lady's head, and then rejoin left hands behind left side of man's waist.

- 5-6 Turn 1/4 right and step right forward, step left forward
- 7-8 Step right forward, turn 1/4 right and step left to side

Full turn for ladies (optional, but the turn is almost always done): On count 6, lady turns 1/2 right and steps left foot back (moving in direction of LOD).

On count 7, lady turns 1/2 right and steps right foot forward (still moving in direction of LOD).

Hands: On count 5, release left hands and pass joined right hands over lady's head. Rejoin left hands when turn is completed.

REPEAT

Submitted By: Gerry Frazer - gerfrazer@yahoo.com

Documented by: Gerry Frazer (30 Jul 2013)