J.R. Two-Step (Just Right Two-Step)

Count: 60 Wall: 2 Level: Improver line/contra dance

Choreographer: Mike Salerno (USA)

Music: Meanwhile Back At The Ranch - Asleep At The Wheel



COPPERKNOL

Position: Contra lines with men on same side facing women across Man's steps described, lady's step are mirror image. Dance consists of 10 sets of two-step basic steps (QQSS)

TWO FORWARD TWO-STEP BASICS

1 Step left foot forward (quick)

2 Step right foot beside left foot (quick)

3 Step left foot forward (slow)

4 Hold

(P)

5 Step right foot forward (slow)

6 Hold

7-12 Repeat steps 1-6 above

SIDE, CROSS TWO-STEP WITH A 1/4 TURN, FORWARD BASIC

13 Step left foot to left side (quick)

14 Cross/step right foot behind left (quick)

15 Step left foot to left side with a ¼ turn left (slow)

16 Hold

17 Step right foot forward (slow)

18 Hold

19-24 Repeat steps 1-6 above

CROSS, BACK TWO-STEP, SIDE, CROSS TWO-STEP WITH 1/4 TURN, FORWARD BASIC

25 Cross/step left foot in front of right foot (quick)

Step right foot backwards (quick)Step left foot backwards (slow)

28 Hold

29 Step right foot backwards (slow)

30 Hold

31-42 Repeat steps 13-24 above

SIDE, CROSS TWO-STEP WITH A 1/2 TURN

43 Step left foot to left side (quick)

44 Cross/step right foot behind left (quick)

45 Step left foot to left side with a ½ turn left (slow)

46 Hold

47 Step right foot to right side (slow)

48 Hold

FORWARD TWO-STEP BASIC, FREE SPINNING 1 1/2 BASIC

49-54 Repeat steps 1-6 above

On step 54, prepare for free spin by rotating upper body opposite direction of spin to generate torque. Man turns to the right. Upper body prepares to the left. Woman opposite

55 Pivot a ¼ turn to the right on left foot (quick)
56 Pivot a ½ turn to the right on right foot (quick)

57 Pivot a ½ turn to the right on left foot (slow)

58 Hold

59 Step right foot back with 1/4 turn (slow)

60 Hold

REPEAT