

Country & Pretty

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Guylaine Bourdages (CAN) - January 2016
音乐: Country Ain't Never Been Pretty - Cam : (Album: Untamed)



Intro : 16 counts

[1-9] LF Slow Coaster Step, Lock Step Forward (RLF), Twist(L-R), Twist(L) lock Step Forward (LRL)

1-2-3 LF Back (1), RF beside LF(2), LF forward(3)
4&5 RF forward (4), Lock LF behind RF (&), RF forward(5)
6-7 Pivot 1/2 left, LF slightly forward (weight on LF) (6), Pivoter 1/2 right, RF slightly forward (weight on RF) (7)
8&1 Pivot 1/2 left, LF slightly forward (weight on LF) (8), Lock RF behind LF (&), LF forward(1)

[10-17] □ RF forward, Point LF to left, LF Mambo Step forward, LF Slow Coaster Step, Lock Step Forward RLR + Flick

2-3 RF forward (2), Point LF to left (3)
4& LF forward (4), transfer weight on RF back (&)
5-6-7 LF Back (5), RF beside LF (6), LF forward(7)
8&1 RF forward (8), Lock LF behind RF (&), RF forward and flick with LF back (1)

[18-25] □ LF forward Step Turn 1/2R, (Cross Shuffle, Side Cross, Side Cross, Side...WITH a total of 3/4 Left on place)

2-3 LF forward (2), Pivot 1/2R transfer weight on RF forward(3)
4&5 (Begin to turn on place 3/4 left total sur les counts 4to7) LF cross in front of RF (4), RF to right (&), LF cross in front of RF (5)
6-7 (continue to turn on place) RF to right (6), LF cross in front of RF (7)
8&1 RF to right (8) , LF cross in front of RF (&), RF to right (1)

[26-32] □ 2X Syncopated Cross Rock Step (LF in front of RF), 1X Syncopated Cross Rock Step (RF in front of LF), LF Mambo Step Forward

2&3& LF cross in front of RF(2), Transfer weight on RF (&), LF to left (3), transfer weight on RF (&)
4&5 LF cross in front of RF (4), Transfer weight on RF (&), LF to left (5)
6&7 RF cross in front of LF (6), Transfer weight on LF (&), RF to right(7)
8& LF forward (8), transfer weight on RF back (&)

Restarts: very easy and always on the same wall

On walls 5-8 & 11 (we are facing wall 12h but the restarts are after 16 counts and we are facing then 6H)

On section 2 Put RF beside LF after Coaster Step (on counts 5-6-7-8) et then begin from the top (LF Back (5), RF beside LF(6), LF forward(7) RF beside LF (8) (6H)

Keep Smiling and Have Fun ! We are so lucky to have the chance to dance :-)

Contact: www.guylainebourdages.com - www.coachingdanse.com - gbourdages@hotmail.com