

A Bar In Bakersfield

COPPER KNOB
STEPMATS

拍数: 40 墙数: 4 级数: Easy Intermediate
编舞者: Jan Moir (NZ) - June 2018
音乐: A Bar In Bakersfield - Merle Haggard



[1 – 8] WEAVE, ROCK ACROSS, ¼ L, SHUFFLE

1&2&3&4& Step L over R, Step R to R side, Step L behind R, Step R to R side, Step L across R, Step R to R side, Step L behind R, Step R beside L
5, 6, 7 & 8 Rock L over R, Recover back onto R, ¼ Shuffle Fwd L RL

[9 – 16] KICK BALL STEP, POINTS, HEELS, SIDE & FWD

1 & 2 Kick R Fwd, Step R beside L, Step L Fwd
3 & 4 & Touch R Toe to R side, Step R beside L, Touch L Toe to L side, Step L beside R
5 & 6 & Step R Heel Fwd, Step R beside L, Step L Heel Fwd, Step L beside R
7 & 8 Step R to R side, Step L beside R, Step R Fwd

[17 – 24] SIDE TOGETHER, ¼ R, TOE STRUTS X 2, SHUFFLE BACK, COASTER

1 & 2 Step L to L side, Step R beside L, ¼ R Stepping back on L
3 & 4 & Touch R Toe back, Drop Heel, Touch L Toe back, Drop Heel
5 & 6 Step R back, Step L beside R, Step R back
7 & 8 Step L back, Step R beside L, Step L Fwd

[25 — 32] TOE HEEL CROSS X 2, ROCK RECOVER, ¾ TURN R, TRIPLE STEP

1 & 2 Turn R knee in, Touch R Toe beside L Instep Turn R knee out, Scuff R Heel Fwd and Step across L
3 & 4 Turn L knee in, Touch L Toe beside R Instep Turn L knee out, Scuff L Heel Fwd and Step across R
5, 6, 7 & 8 Rock R Fwd, Recover on L, ¾ R Stepping R L R

[33 — 40] MAMBO L, MAMBO FWD, MAMBO BACK, MAMBO R

1 & 2 Step L to L side, Recover on to R, Step L beside R (* Rock to L, Recover R)
3 & 4 Step R Fwd, Recover back on to L, Step back R ** RESTART
5 & 6 Step L Back, Recover Fwd on to R, Step L Fwd
7 & 8 Step R to R side, Recover on to L, Step R beside L (9 O'Clock)

REPEAT

RESTART ON WALL 3: Dance up to section 5, count 36**

RESTART ON WALL 4: Dance up to section 5, count 34*

*Change 1 & 2 to: 1 – 2 Rock to L, Recover on R

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