

My Country and Me

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 4 级数: Intermediate waltz
编舞者: Flat Guo (CN), Yan Zhang (CN), Hua Dong (CN) & Jing Xin (CN) - June 2019
音乐: My Country and Me (我和我的祖国) - Dream Journey Chorus (梦之旅合唱)



#54 count intro to start on lyrics

Dance Sequences: 96 96* T 96 48 T 96 48 T 81

S1[1-6] LEFT CROSS, RIGHT SWEEP, RIGHT CROSS, LEFT SWEEP

1-2-3 1) Cross L over R; 2-3) Sweep R from back to front.
4-5-6 4) Cross R over L; 5-6) Sweep L from back to front. [12:00]

S2[7-12] LEFT BALANCE, RIGHT BALANCE

1-2-3 1) Step L forward; 2) Step R drag to L; 3) Step R beside L;
4-5-6 4) Step R back; 2) Step L drag to R; 3) Step L beside R; [12:00]

S3[13-18] LEFT BACK, RIGHT HOOK, RIGHT FORWARD, LEFT SWEEP ¼ R TURN

1-2-3 1) Step L back; 2-3) Hook R in front of the L;
4-5-6 4) Step R forward; 5-6) Turn ¼ right sweeping L forward; [3:00]

S4[19-24] LEFT CROSS, ¼ L RIGHT BACK, LEFT BACK, RIGHT BACK, ½ L LEFT FORWARD; RIGHT FORWARD

1-2-3 1) Cross L over R; 2) Turn ¼ left stepping R back; [12:00] 3) Step L back;
4-5-6 4) Step R back; 5) Turn ½ left stepping L forward; 6) step L forward; [6:00]

S5[25-30] LEFT CROSS, HOLD, HOLD, BIG STEP, DRAG, HOLD

1-2-3 1) Cross L over R; [7:30] 2-3) Hold
a4-5-6 (a) Recover on R, 4) Big step L to left side; 5) Step R drag to L; 6) Hold; [6:00]

S6[31-36] RIGHT CROSS, HOLD, HOLD, BIG STEP, DRAG, HOLD

1-2-3 1) Cross R over L; [4:30] 2-3) Hold;
a4-5-6 (a) Recover on L, 4) Big step R to right side; 5) Step L drag to R; 6) Hold; [6:00]

S7[37-42] MODERN MONTEREY TURN

1-2-3 1) Cross L over R; 2) Point R to R side; 3) Hold;
4-5-6 4) Turn ½ right as step R beside L 5) Point L to L side; 6) Hold; [12:00]

S8[43-48] ½ PENCIL TURN. BACK X 2

1-2-3 1) Step L forward; 2-3) Turn ½ left as touch R beside to L; [6:00]
4-5-6 4) Step R back; 5-6) Turn ½ left as touch L beside to R; [12:00]

S9[49-54] CHARLESTON KICK

1-2-3 1) Step L forward; 2-3) Kick right forward; [12:00]
4-5-6 4) Step R back; 5-6) Point L back; [12:00]

S10[55-60] 1 ¼ LEFT SPIRAL TURN, LEFT BIG STEP, LEFT DRAG

1-2-3 1) Turn ½ left as left forward [6:00]; 2-3) Right forward as ¾ spiral turn [9:00];
4-5-6 4) Left big step; 5-6) Drag R to L, Touch R beside L; [9:00]

S11[61-66] RIGHT SPIRAL FULL TURN, RIGHT BIG STEP, LEFT DRAG

1-2-3 1) Turn ¼ right as right forward; [12:00] 2-3) Left forward as ¾ spiral turn; [9:00]
4-5-6 4) Right big step to R; 5-6) Drag L to R, Touch L beside R; [9:00]

S12[67-72] LEFT BIG STEP, RIGHT DRAG POINT, RECOVER R, LEFT BIG STEP, RIGHT DRAG POINT

1-2-3 1) Left big step to L; 2-3) Drag R to L, Touch R beside L;[9:00]
a4-5-6 (a)Recover R; 4) Left big step; 5-6) Drag R to L, Touch R beside L;[9:00]

S13[73-78] RIGHT CROSS, HOLD, HOLD, RECOVER LEFT, RIGHT SIDE, LEFT DRAG

1-2-3 1) Cross R over L; 2-3) Hold,hold[7:30]
a4-5-6 (a)Recover L; 4) Step right side; 5-6) drag Left to R;[9:00]

S14[79-84] LEFT CROSS, RIGHT SIDE, LEFT DRAG, LEFT CROSS, HOLD,HOLD

1-2-3 1) Cross L behind R; 2) Step R to R ,3)Drag L to R;[9:00]
4-5-6 4) Cross L over R; 5-6) Hold,hold;[10:30]

S15[85-90]RECOVER R, LEFT SIDE, RIGHT DRAG, RIGHT CROSS, HOLD,HOLD

1-2-3 1) Recover R; 2) Step L side ,3) Drag R to L;[9:00]
4-5-6 4) Cross R over L; 5-6) Hold,hold;[7:30]

S16[91-96] ¾R SPIRAL TURN, RIGHT CROSS, LEFT SWEEP

1-2-3 1) Step L side; 2-3) ¾R spiral turn weight left;[6:00]
4-5-6 4) Cross R over L; 5-6)Sweep L from back to front;[6:00]

WALL 1 JUMP METHOD;

THERE HAS CHANGE ON S16

S16*[91-96] LEFT SIDE, RIGHT DRAG, ¼R TURN FORWARD, LEFT SWEEP

1-2-3 1) Step L to L; 2-3) Drag R to L[9:00]
4-5-6 4) ¼R turn forward; [12:00] 5-6) Sweep L from back to front;[12:00]

TAG 6 COUNTS CHARLESTON KICK

1-2-3 1) Step L forward; 2-3)Kick right forward;[12:00]
4-5-6 4) Step R back; 5-6)Drag L to back, Point L back;[12:00]

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