

Cowgirl Trailride

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Too.gl074 (USA) - April 2025
音乐: Country Girl - Tonio Armani



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. NOTE: for style sink low into the steps, keep hip swings smooth. Contact the Submitter at yaelchina@yahoo.com for links to short FB reels of smooth style.

SIDE STEP HIP SWIVELS TO LEFT, RIGHT

1 2 3 4 Step to left swinging hips, to right, to left, to right
5 6 7 8 Step to right swinging hips, to left, to right, to left

FORWARD HIP SLOW SWIVELS ON LEFT FRONT AND BACK

1 2 3 4 Step forward on left and lean forward swinging hips front, back
5 6 7 8 Repeat forward swivels steps 1-4

STOMP, SAILOR STEP KICK

1 2 3&4& Stomp on left, do right sailor step in place RLR, kick right foot
5 6 7&8& Stomp on right, do left sailor step in place LRL, kick left foot

STEP TOUCH BACKS, WALKING THREE QUARTER TURN RIGHT

1 2 3 4 Step to left, touch right foot behind, step right, touch left behind
5 6 7 8 Quarter turn right walking LRLR

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com