

Blue Grass on My Mind

COPPER KNOB
STEPPERS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Glenda Silver (AUS) - July 2025
音乐: Bluegrass On My Mind - Tyler Booth : (Album: Downtown)



Intro: 32 counts from heavy beat, on vocals

Rock L across R, Replace, Step Side L, Rock R across L, Replace, Step Side R, Cross 1/4 L Sailor Step, Shuffle Forward RLR

1&2 Rock L across R, replace onto R, side L
3&4 Rock R across L, replace onto L, side R
5&6 Cross L over R, 1/4 turn L on R, side L
7&8 Shuffle Fwd RLR

Step Forward L, 1/2 Pivot R, Forward L, Step Forward R, 1/2 Pivot L, Forward R, Roll Forward LRL, Coaster Forward R

1&2 Step Fwd L, 1/2 pivot R (&), step Fwd L
3&4 Step Fwd R, 1/4 paddle L (&), step Fwd R
5&6 Full turn R, stepping LRL
7&8 Step Fwd R, tog, L, back R

L Behind R, 1/4 Turn R, Forward L, R Rhumba Box, Sway RL

1&2 Step L behind R, 1/4 turn R on R, step Fwd L
3&4 Side R, tog L, Fwd R *** R
5&6 Side L, tog R, back L
7 8 Sway RL

Shuffle Forward RLR, Behind L, 1/4 Turn R, Forward L ** Tog R (&) Side R, Together L, Forward R, Side L, Together R, Side L

1&2 Shuffle Fwd RLR
3&4 Step L behind R, 1/4 turn R on R (&), Fwd L
5&6 Step side R, tog L, Fwd R
7&8 Side L, tog R (&), side L

Side R, Together Cross R, Sway LR, Sailor Step L, 1/4 Sailor Step R * Tag

1&2 Side R, tog L (&), cross R over L
3&4 Sway LR
5&6 Step L behind R, side R (&), side L
7&8 Step R behind L, 1/4 turn R on L (&), side R #

Tag: Wall 1: * Dance to count 40.

Add Tag: * Hips LRLR

Restart: Wall 3: ** Facing 12.00. Dance to count 28.

Add Tog R (&). R

Wall 5: * Facing 9.00. Dance to count to count 20**

Finish: # Facing 3.00. Cross L over R, unwind 3/4 turn R, to face 12.00

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