Step 'n' Thyme Country Girls



编舞者: Judith Campbell (NZ) 音乐: Triple Threat - Rick Tippe



STOMP, HOLD, COASTER, 1/2 PIVOT, SHUFFLE

1-2 Stomp right foot forward (taking arms out to sides) (keeping the weight still on left foot) count,

hold

Step right foot back, step left foot next to right, step forward on right foot (coaster)

Step forward on left foot, ½ pivot to right, shuffle forward on left foot (left-right-left)

SIDE TOUCH, CROSS, SIDE TOUCH, CROSS, 1/4 TURN & SHUFFLE, FULL TURN

1-2	Touch right foot to right side, cross right foot over in front of left
3-4	Touch left foot to left side, cross left foot over in front of right
5&6	Turning ¼ to right, shuffle forward on right foot (right-left-right)
7	(Moving forward), turning ½ to right stepping back on left foot
8	Turning ½ right, step forward on right foot (completing a full turn)

STEP LOCK, STEP KICK, HOOK, SIDE TAP, BACK TAP, ½ SWIVEL TO RIGHT

1-2	Step left foot back, cross right foot over left
3-4	Step back on left foot, kick right foot forward
5-7	Hook right foot under left knee, tap right foot out to right side, tap right foot behind left foot

8 Swivel around to the right for a ½ (keeping both feet on the floor & the weight stays on left

foot)

4 HEEL DROPS (BEATS/TAPS), SIDE, HOLD, TOGETHER, STEP TAP

1-4 Tap right heel 4 times to the floor

Optional: Slap right thigh 4 times using palm, then back of hand, palm, then back of hand. this really suits the alternative music adding a few "Yee ha's"

5-7 Step the left foot out to left side, hold, step right foot next to left foot

8 Tap right foot next to left clapping hands

REPEAT

The music fades towards the end, just keep dancing & finish on the last (side, tap, cross) with left foot. The alternative music is a bit slower but great fun with a few yee ha's.