

Who's From The Country

拍数: 48 墙数: 4 级数:
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音乐: I'm from the Country - Tracy Byrd



MONTEREY TURN, MONTEREY TURN

- 1 Right toe point to right side
- 2 Pivot on left foot ½ turn to the right
- 3 Left toe point to the left side
- 4 Left foot step home
- 5 Right toe point to right side
- 6 Pivot on left foot ½ turn to the right
- 7 Left toe point to the left side
- 8 Left foot step home

KICK, KICK, COASTER STEP, KICK, KICK COASTER STEP

- 9-10 Right foot kick forward (twice)
- 11 Right foot step back
- & Left foot step next to right foot
- 12 Right foot step forward
- 13-14 Left foot kick forward (twice)
- 15 Left foot step back
- & Right foot step next to left foot
- 16 Left foot step forward

ACROSS, STEP, COASTER, ACROSS, STEP COASTER

- 17 Right foot step across left foot
- 18 Left foot step to left side
- 19 Right foot step back
- & Left foot step next to right foot
- 20 Right foot step forward
- 21 Left foot step across right foot
- 22 Right foot step to right side
- 23 Left foot step back
- & Right foot step next to left foot
- 24 Left foot step forward

JAZZ SQUARE

- 25 Right foot step across left foot
- 26 Left foot step back
- 27 Right foot step to right side
- 28 Left foot touch next to right foot

LEFT ROLLING VINE TURNING ONE & ONE QUARTER TURN LEFT

- 29 Left foot step ¼ turn left
- 30 Right foot step ½ turn left
- 31 Left foot step ½ turn left
- 32 Right foot touch next to left foot

SHUFFLE, ROCK, STEP, SHUFFLE, ROCK, STEP

- 33&34 Right shuffle forward (right-left-right)

35 Left foot rock forward
36 Right foot step down
& Pivot on right foot ½ turn to the left
37&38 Left shuffle forward (left-right-left)
39 Right foot rock forward
40 Left foot step down

SYNCOPATED TURN, HOLD, KNEE POP, HOLD, ALTERNATE POPS

& Pivot on left foot ½ turn to the right & right foot step down
41 Left foot step next to right foot
42 Hold
43 Right knee flex across left leg
44 Hold
45 Left knee flex across right leg
46 Right knee flex across left leg
47 Left knee flex across right leg
48 Right knee flex across left leg

Or use your imagination. Keep in mind weight ends on left foot

REPEAT
