Everybody Dance (aka Up Country)

级数: Intermediate

编舞者: Robbie McGowan Hickie (UK) - January 2008

音乐: Everybody Dance - Lemon Ice : (CD: One)

Count In: 32 Counts

拍数: 32

Country Alternative:

"Let's Put The Western Back In The Country" by Joni Harms (98/196 bpm...16 Count intro: Script written as 98 bpm) CD..."Let's Put The Western Back In The Country" Right Mambo Forward. Left Lock Step Back. 2 x 1/2 Turns Right. Right Coaster Step. 1&2 Rock forward on Right. Rock back on Left. Step back on Right. 3&4 Step back on Left. Lock step Right across Left. Step back on Left. 5 - 6Turn 1/2 turn Right stepping forward on Right. Turn 1/2 turn Right stepping back on Left. 7&8 Step back on Right. Step Left beside Right. Step forward on Right. Easier Option: Counts 5 – 6 above ... Walk back on Right. Walk back on Left. Two x Prissy Walks Forward, Left Scissor, Side, Together, Chasse Right, 1 – 2 Cross step Left forward over Right. Cross step Right forward over Left.

- 3&4 Step Left to Left side. Slide Right beside Left. Cross step Left over Right.
- 5 6Long step Right to Right side. Slide Left beside Right. (Weight on Left) (Use Cuban Hip)
- 7&8 Step Right to Right side. Close Left beside Right. Step Right to Right side. (Use Cuban Hip)

Cross Rock & 1/4 Turn Left. 1/2 Turn Left. Back. Shuffle 1/2 Turn Right. Step. Pivot 1/2 Turn Right.

- 1&2 Cross rock Left over Right. Rock back on Right. Turn 1/4 turn Left stepping forward on Left.(Facing 9 o'clock)
- 3 4On ball of Left, turn 1/2 turn Left stepping back on Right. Step back on Left. (Facing 3 o'clock)
- 5&6 Right shuffle back turning 1/2 turn Right stepping Right. Left. Right. (Facing 9 o'clock)
- 7 8 Step forward on Left. Pivot 1/2 turn Right. (Weight on Right) (Facing 3 o'clock)

Side Rock & Cross (Left & Right). Side. Together. Left Shuffle Forward.

- 1&2 Rock Left to Left side. Recover weight on Right. Cross step Left over Right.
- 3&4 Rock Right to Right side. Recover weight on Left. Cross step Right over Left.
- 5-6 Long step Left to Left side - Pushing Hips Left. Slide Right beside Left. (Weight on Right)
- 7&8 Left shuffle forward stepping Left. Right. Left.

Start Again





墙数: 0