Country Boy

级数: Low Intermediate

编舞者: Larry Schmidt (USA) - June 2008

音乐: Country Boy - Alan Jackson : (CD: Good Time)

*1-8 KNEE SWIVELS, STEP HOLD, KNEE SWIVELS STEP HOLD

- 1 With weight on left foot swivel right knee toward left knee.(12:00)
- 2 Swivel right knee to the right making ¼ turn right. (3:00)
- 3 Step forward on right foot.
- 4 Hold.
- 5 With weight on right foot, Step left next to right and swivel left knee toward right knee.(3:00)
- 6 Swivel left knee to the left making ¼ turn left.(12:00)
- 7 Step forward on left foot.
- 8 Hold.

*9-16 FORWARD ROCK, REPLACE, ½ TURN, HOLD, STEP, PIVOT, STEP, HOLD

- 1-4 Rock forward onto right, replace weight to left, making ½ turn right step (6:00) forward on right, Hold
- 5-8 Step left foot forward, Pivot ½ right taking weight on right, Step left foot Forward, (12:00), Hold
- (Restart on 3rd, 8th and 15th repetitions)

*17-24 VINE RIGHT, HOLD, VINE LEFT, HOLD

- 1-4 Step right foot right, Step left behind right, Step right foot right, Hold.
- (Can replace hold with a scuff if you like)
- 5-8 Step left foot left, Step right foot behind left, Step left foot left, Hold,
- (Can replace hold with a scuff if you like. Counts 5-8 can be a rolling vine to the left.)
- (Restart on 7th and 15th repetitions)

*25-32 JAZZ BOX, HOLD, JAZZ BOX WITH ¼ TURN, TOUCH

- 1-4 Step right foot across left, Step back on left foot, Step right next to left, Hold
- 5-8 Step foot left across right, Step right foot back making ¼ turn left (9:00), Step left foot next to right, Touch right toe next to left foot.

OPTIONAL 25-32:

- 1-4 Step right across left, Step left back, Step right next to left, Step right across left.
- 5-8 Step right back turning ¼ left, Step left next to right, Step right across left, Step left foot left. (9:00)

REPEAT

RESTARTS:

For the 3rd repetition only dance the 1st 16 counts and restart. For the 7th repetition only dance the 1st 24 counts and restart. For the 8th repetition only dance the 1st 16 counts and restart. For the 12th repetition only dance the 1st 24 counts and restart. For the 15th repetition only dance the 1st 16 counts and restart.

ENJOY





拍数: 32

墙数:4