

Little Ole' Cowboy

COPPER KNOB
STEPPERS

拍数: 32 墙数: 1 级数: New Beginner
编舞者: Jenifer Wolf (CAN) - September 2012
音乐: Good Ride Cowboy - Garth Brooks



Alt. tracks:-

That's Rock & Roll - Shaun Cassidy

Western Girls - Marty Stuart (133 bpm)

(A) STEP, TOGETHER, STEP, STOMP UP

- 1-2 Step right foot to right side, Step left foot beside right foot
- 3-4 Step right foot to right side, Stomp left foot up beside right foot (keep weight on right foot)
- 5-6 Step left foot to left side, Step right foot beside left foot
- 7-8 Step left foot to left side, Stomp right foot up beside left foot (keep weight on left foot)

(B) STEP, TOUCH, x4 ON DIAGONALS

- 1-2 Step right foot forward, Touch left foot beside right foot and clap
- 3-4 Step left foot back, Touch right foot beside left foot and clap
- 5-6 Step right foot back, Touch left foot beside right foot and clap
- 7-8 Step left foot forward, Touch right foot beside left foot and clap (steps are on a diagonal)

(C) TWO TOE STRUTS FORWARD, TWO TOE STRUTS BACK

- 1-2 Step forward on ball of right foot, Bring right heel down
- 3-4 Step forward on ball of left foot, Bring left heel down
- 5-6 Step back on ball of right foot, Bring right heel down
- 7-8 Step back on ball of left foot, Bring left heel down (weight ends on left foot)

(D) HEEL, TOGETHER, X2, HEEL SPLITS, X2

- 1-2 Touch right heel forward, Step right beside left foot
- 3-4 Touch left heel forward, Step left foot beside right foot
- 5-6 Split both heels out to the sides, Bring both heels in together (while on balls of feet)
- 7-8 Split both heels out to the sides, Bring both heels in together

Begin Again, have fun!

Option; This dance is for the brand new beginner, once the dancers are OK with it, try a ¼ turn left on the end of paragraph A, counts 7-8 to make it a four wall line dance.

Will go to any upbeat song of your choice.

Contact - e-mail: dancewithwolfs@telus.net - web site: <http://www.dancewithwolfs.com/>

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