

Mixed Emotions (P)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 0 級數: Beginner Partner
編舞者: Debra McSwain - October 2018
音樂: Mixed Emotions - Lesa Hudson : (CD: Life in the Key of Lesa)



Alt. Music:

"I Ain't Never" by Webb Pierce

"Baby's Got Her Blue Jeans On" by Mel McDaniels

#16 count intro Position: Lady on Man's Right Side, Holding Right Hands at Lady's Right Shoulder, Holding Left Hands in Front of Man

Sec 1: WALK BACK, KICK BALL CHANGE X2

1-4 Walk back right, left, right, left
5&6 Kick right foot forward, step right foot, step left together
7&8 Kick right foot forward, step right foot, step left together

Sec. 2: GRAPEVINE RIGHT WITH KICK, GRAPEVINE LEFT WITH TOUCH

1-4 Step right to right side, left behind right, right to right side, kick left forward
5-8 Step left to left side, right behind left, left to side, touch right beside left
Option: Drop left hands, lady does rolling vine to right and left, left hands together again

Sec. 3: SHUFFLE FORWARD, 4X

1&2 Step right, left, right
3&4 Step left, right, left
5&6 Step right, left, right
7&8 Step left, right, left

Sec. 4: ROCK, RECOVER TRIPLE ½ TURN, ROCK, RECOVER, TRIPLE 1/2 TURN

1&2 Rock forward on right foot, recover weight to left foot
3&4 Turn ½ right by stepping right, left, right
5&6 Rock forward on left foot, recover weight to right foot
7&8 Turn ½ left by stepping left, right left

Start again

Choreographer Information: Debra McSwain, Cherryville, NC, USA, mcswain.debra@yahoo.com

Dedication: This dance is dedicated to Steve Buchanan, founder of "Buck's Country Dancers". You are our dance instructor, choreographer, travel/social planner and friend. Thank you, Steve, for sharing your love of dance. Without you, we would be in rocking chairs on Saturday nights; instead, we are "rocking" on the dance floor.