AB Harper Valley

拍數: 32

級數: Absolute Beginner

編舞者: Janet Cummings (USA) - April 2019

音樂: Harper Valley P.T.A. - Jeannie C. Riley

Intro: 16 Counts - No Tags or Restarts

SECTION 1: R TOE STRUT, L TOE STRUT, ROCKING CHAIR

- Step R Toe Forward, Drop Heel 1.2
- 3, 4 Step L Toe Forward, Drop Heel
- 5, 6, 7, 8 Rock R Forward, Rock Back on L; Rock R Back, Rock Forward on L

SECTION 2: V STEP, DONE TWICE

- Step R Diagonally Forward, Step L Diagonally Forward; Step R Back To Center, Step L 1, 2, 3, 4 Together
- 5, 6, 7, 8 Step R Diagonally Forward, Step L Diagonally Forward; Step R Back To Center, Step L Together

SECTION 3: R STEP, L FLICK, L STEP, R FLICK, R SIDE, TOGETHER, SIDE, L TOUCH

- Step R, Bend L Knee 1, 2
- 3, 4 Step L, Bend R Knee
- 5, 6, 7, 8 Step R To Side, L Follow, Step R To Side, L Touch

SECTION 4: L STEP, R FLICK, R STEP, L FLICK, L SIDE, TOGETHER, SIDE, R TOUCH

- 1, 2 Step L, Bend R Knee
- Step R, Bend L Knee 3, 4
- Step L To Side, R Follow, Step L To Side, L Touch 5, 6, 7, 8

This AB series of dances were written for inexperienced dancers everywhere!

Note: While Choreographed to Harper Valley PTA, there is no limit to song choice or genre for the easy dances in this series. Feel free to try them out, wherever! Dance... for physical and mental health!

Contact: jcummings246@aol.com

Last Update: 22 Apr 2025





牆數: 1