From the Country

拍數: 48

級數: Beginner

編舞者: Rebecca Blower (UK) - January 2022

牆數: 4

音樂: I'm from the Country - Tracy Byrd

#16 INTRODUCTION

SIDE, TOGETHER, SIDE, TAP (TWICE)

- Step R to R side, step L next to R 1-2
- 3-4 Step R to R side, tap L next to R
- 5-6 Step L to L side, step R next to L
- 7-8 Step L to L side, tap R next to L (12:00)

REPEAT ABOVE: SIDE, TOGETHER, SIDE, TAP (TWICE)

- 1-2 Step R to R side, step L next to R
- 3-4 Step R to R side, tap L next to R
- 5-6 Step L to L side, step R next to L
- 7-8 Step L to L side, tap R next to L (12:00)

STEP TAP x4

- 1-2 Step R to R side, tap L next to R
- 3-4 Step L to L side, tap R next to L
- 5-6 Step R to R side, tap L next to R
- 7-8 Step L to L side, tap R next to L

HEEL DIGS x4

- Place R heel forward, step R next to L 1-2
- 3-4 Place L heel forward, step L next to R
- 5-6 Place R heel forward, step R next to L
- 7-8 Place L heel forward, step L next to R

TOE STRUTS RIGHT & LEFT, ROCKING CHAIR

- 1-2 Place R toe forward, drop R heel
- Place L toe forward, drop L heel 3-4
- 5-6 Step R forward, recover L
- 7-8 Step R backwards, recover L

STEP FORWARDS*, 1/4 SWIVELLING HEELS, SWIVEL HEELS x3

- 1-2 Step R forwards, hold
- 3-4 Swivel both heels to the R turning a 1/4 to the left, hold (9:00)
- 5-6 Swivel both heels to the right and to the left
- 7-8 Swivel both heels to the left and hold

TAG ON WALL 7 facing 6:00

*Do three sets of the 1/4 turn left (step forwards & swivel to turn) as the song repeats the lyrics "I'm from the country" three times:

- 1-2 Step R forwards (6:00), hold
- 3-4 Swivel both heels to the R turning a 1/4 to the left, hold (3:00)
- 5-6 Step R forwards (3:00), hold
- 7-8 Swivel both heels to the R turning a 1/4 to the left, hold (12:00)
- 1-2 Step R forwards (12:00), hold
- Swivel both heels to the R turning a 1/4 to the left, hold (9:00) 3-4





- 5-6 Swivel both heels to the right and to the left
- 7-8 Swivel both heels to the left and hold (9:00)

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