Keeping It Country

級數: High Beginner

編舞者: Caitlin Farley (USA) - March 2024

音樂: KEEPIN IT COUNTRY - James Johnston

#16 count intro - 1 Restart

Restart: Wall 3 after 16 counts

拍數: 32

[1-8] Heel Switches and Hitches

- 1&2& Tap R Heel, return, Tap L Heel, return
- Tap R Heel, cross hitch R in front of L, return 3 & 4 &
- 5 & 6 & Tap L Heel, return, Tap R Heel, return
- 7 & 8 & Tap L Heel, cross hitch L in front of R, return

[9-16] Lock steps, heel switches, stomps *Restart Here Wall 3*

- 1&2 Step forward R, lock L behind R
- 3&4 Step forward L, lock R behind L
- 5 & 6 & Tap R Heel, return, Tap L heel, return
- 7,8 stomp or step R, L

[17-24] Toe tap shuffle 1/2, toe tap shuffle 1/4

- 1&2 Step forward R, tap L toe behind R foot, take weight on L
- 3&4 Shuffle 1/2 with R over R shoulder
- 5&6 Step forward L, tap R toe behind L foot, take weight on R
- Shuffle 1/4 with L over L shoulder 7 & 8

[25-32] Jazz Box, 1/2 Pivots*

- Cross R over L, step back L 1, 2
- 3, 4 Step back with R, together L (taking weight on L foot)
- 5,6 Step forward R, pivot 1/2 over L shoulder
- 7,8 Step forward R, pivot ¹/₂ over L shoulder (making a full rotation)

*Alternative for pivots: Rocking Chair

- 5,6 Rock forward R, recover L,
- 7,8 Rock back R, recover L

Last Update: 31 Mar 2024





牆數: 4