

Oregon Born

COPPER KNOB
STEPPERS

拍數: 0 牆數: 0 級數:
編舞者: Lindsey Rodrigues (USA) & Debra Rachelle (USA) - April 2025
音樂: Oregon Born - Outlaw Shine Country Band



Heels

- 1,2,3,4 – touch Right heel forward then bring back together, touch left heel forward then bring back together
- 5,6,7,8 – touch Right heel forward then bring back together, touch left heel forward then bring back together

Diagonal steps forward

- 1,2 – step right foot forward diagonally, bring left up to right
- 3,4 – step right foot forward diagonally, bring left up to right
- 5,6 – step right foot forward diagonally, bring left up to right
- 7,8 – step right foot forward diagonally, bring left up to right

Diagonal steps backward

- 1,2 – step left foot backward diagonally, bring right back to left
- 3,4 – step left foot backward diagonally, bring right back to left
- 5,6 – step left foot backward diagonally, bring right back to left
- 7,8 – step left foot backward diagonally, bring right back to left

Hips

- 1,2 – step right foot back, bump right hip back
- 3,4 – bump left hip forward twice
- 5,6 – bump right hip back once, bump left hip forward once
- 7,8 – bump right hip back once, bump left hip forward once

Shuffles

- 1&2 – Right shuffle forward
- 3,4 – Rock on the left foot, recover to the right foot
- 5&6 – Left shuffle backward
- 7,8 – Rock on the Right foot, recover to the left foot

Shuffle & Turn

- 1&2 – Right shuffle forward
- 3,4 – step left foot forward bring right to left
- 5,6,7,8 – slowly swing hips quarter turn to the left

Raised up & turn

- 1,2 – Rock forward on the right foot (sweep arms up), recover to left
- 3,4 – Rock back on the right foot (sweep arms back), recover to left
- 5,6 – Step forward on right foot and pivot half turn (sweep arms up and follow around the circle)
- 7,8 – Step forward on right foot and pivot half turn

Vines

- 1,2,3,4 – vine to the right (step right foot to the right, step left foot behind right foot, step right foot to right, then bring left foot together)
- 5,6,7,8 – Vine to the left (step left foot to the left, step right foot behind left foot, step left foot to the left, then bring right foot together)

Vine & stomp, clap, scoots

- 1,2,3,4 – vine to the right (step right foot to the right, step left foot behind right foot, step right foot to right, then bring left foot together)
5,6 – stomp left foot, clap (weight is on left foot)
&7&8 – Scoot right foot diagonally forward, step with left foot, scoot right foot diagonally forward, step with left foot.

Rock, recover, turn

- 1,2 – rock forward on right foot, recover to left foot
3,4 – rock backward on right foot, recover to left foot
5,6,7,8 – paddle ¼ turn to the left

Raised up & turn

- 1,2 – Rock forward on the right foot (sweep arms up), recover to left
3,4 – Rock back on the right foot (sweep arms back), recover to left
5,6 – Step forward on right foot and pivot half turn (sweep arms up and follow around the circle)
7,8 – Step forward on right foot and pivot half turn

Vines

- 1,2,3,4 – vine to the right (step right foot to the right, step left foot behind right foot, step right foot to right, then bring left foot together)
5,6,7,8 – Vine to the left (step left foot to the left, step right foot behind left foot, step left foot to the left, then bring right foot together)

Vine & stomp, clap, scoots

- 1,2,3,4 – vine to the right (step right foot to the right, step left foot behind right foot, step right foot to right, then bring left foot together)
5,6 – stomp left foot, clap (weight is on left foot)
&7&8 – Scoot right foot diagonally forward, step with left foot, scoot right foot diagonally forward, step with left foot.

Rock, recover, turn

- 1,2 – rock forward on right foot, recover to left foot
3,4 – rock backward on right foot, recover to left foot
5,6,7,8 – paddle ¼ turn to the left

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- 1,2 – rock forward on right foot, recover to left foot
3,4 – rock backward on right foot, recover to left foot
5,6,7,8 – paddle 1/2 turn to the left

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