

Country Girl (Trailride)

COPPER KNOB
STEP SHEETS

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Unknown
音樂: Country Girl - Tonio Armani
或: Country Girl Remix (feat. Jeter Jones (Trailride version) - Tonio Armani)



No tags or restarts

I. HIPS BUMPS: R L, RR; HIPS BUMPS L R, L)

1&2 Bump hip R side, recover to L, bump hip R side
3-4 Step L in place, step R in place
5-8 Repeat 1-4 on left side

Optional for I: STEP R IN PLACE, STEP L IN PLACE, STEP R IN PLACE X2; STEP L IN PLACE, STEP R IN PLACE, STEP L IN PLACE X2

II. TOE/HEEL SWITCHES R L R, TOUCH, TWIST, BALL (&); REPEAT ON L SIDE

1&2& Touch R forward (1), switch weight to R (&), touch L forward (2), switch weight to L (&)
3&4& Touch R forward, twist R heel L side, return R heel center (weight stay on L), switch weight to R
5-8 Repeat 1-4& on left side

III. ROCK, RECOVER ½ R-TURN SHUFFLE X2

1-2 Rock R forward, recover to L
3&4 Making ¼ turn right step R (3:00), step L together, making ¼ turn right step R forward (6:00)
5-6 Rock L forward, recover to R
7&8 Making ¼ turn left step L (3:00), step R together, making ¼ turn left step L forward

IV. JUKE JOINT LOVE X 2

1-4 Kick R over L, step R over L, step L, step R
5-8 Kick L over R, step L over R, step R, step L

V. STEP, HOLD, SAILOR X 2

1-2 Step R side, hold
3&4 Step L behind (3), step R side (&), step L side (4)
5-6 Step R side, hold
7&8 Step L behind (7), step L side (&), step R side (8)

VI. SLOW CHARLESTON

1-2 Step R forward
3-4 Touch L forward (toes or whole foot)
5-6 Step L back
7-8 Touch R back

Styling option: Body roll

VII. TOUCH, HITCH, STEP X 4

1-2& Touch R side, hitch R, step R together
3-4& Touch L side, hitch L, step L together
5-8& Repeat on left side

VIII. ¼ L-TURN PADDLES X 4

1-4 Making 1/8 turn left pivot or push off on R, recover to L, making 1/8 turn left pivot or push off on R, recover to L (10:30)

5-8 Making 1/8 turn left pivot or push off on R, recover to L, making 1/8 turn left pivot or push off
on R, recover to L (9:00)

Styling: Body rolls and can bend knees and go low to the floor

REPEAT
