Up Country



拍數: 32 牆數: 4 級數: Improver

編舞者: Robbie McGowan Hickie (UK)

音樂: Let's Put the Western Back in the Country - Joni Harms



RIGHT MAMBO FORWARD, LEFT LOCK STEP BACK, 2 X ½ TURNS RIGHT, RIGHT COASTER STEP

1&2 Rock forward on right, rock back on left, step right beside left 3&4 Step back on left, lock right across left, step back on left

5-6 Turn half turn right stepping forward on right, turn half turn right stepping back on left

Easier option

5-6 Walk back on right, walk back on left

7&8 Step back on right, step left beside right, step forward on right

2 X WALKS FORWARD, SIDE ROCK & CROSS, SIDE, TOGETHER, CHASSE RIGHT

1-2 Walk forward on left, walk forward on right
3&4 Rock left to left side, recover weight on right, cross step left over right
5-6 Long step right to right side, slide left beside right, (weight on left)
7&8 Step right to right side, close left beside right, step right to right side

CROSS ROCK & ¼ TURN LEFT, ½ TURN LEFT, BACK, SHUFFLE ½ TURN RIGHT, STEP, PIVOT ½ TURN RIGHT

1&2 Cross rock left over right, rock back on right, step left quarter turn left, (facing 9:00)

3-4 On ball of left, turn half turn left stepping back on right, step back on left

5&6 Right shuffle back turning half turn right stepping right, left, right

7-8 Step forward on left, pivot half turn right, (weight on right) (facing 3:00)

SIDE ROCK & CROSS (LEFT & RIGHT), SIDE, TOGETHER, LEFT SHUFFLE FORWARD

Rock left to left side, recover weight on right, cross step left over right,
Rock right to right side, recover weight on left, cross step right over left
Long step left to left side, slide right beside left, (weight on right)

7&8 Left shuffle forward stepping left, right, left

REPEAT