Country Rock (P)

拍數: 68

級數: Partner

編舞者: Stan Reynolds (UK) & Anita Reynolds (UK)

音樂: Rock This Country! - Shania Twain

Position: Side By Side holding inside hands, Man's steps are shown, Lady's are opposite,

WALKS & SCOOTS

- 1-4 Walk right, left, right, scoot on right with left hitch
- 5-8 Walk left, right, left, scoot on left with right hitch

PIVOTS, STEP KICKS

- 10 Step forward right, pivot ½ turn left
- 11 Step forward right, pivot ¼ turn left facing your
- 12 Partner, holding both hands)
- 13-14 Step forward right, kick left foot to side of lady (lady kicks between mans legs)
- 15-16 Step back left foot, touch right foot, in place

SIDE SHUFFLES, ROCK BACK, SIDE SHUFFLE & TURN

- 17&18 Step right to right side, slide left to right, step right to right side (RLOD)
- 19-20 Rock back on left making ¼ turn back, rock forward on right making ¼ turn forward
- 21&22 Step left to left side, slide right to left, step left to left side, (LOD)
- 23-24 On ball of left ½ turn over right shoulder, on ball of right make another ½ turn right, (weight on left, holding both hand again)

TOE TOUCHES & BOX STEP

- 25-28 Touch right toe behind left, touch right toe, to side, cross step right over left, touch left to side
- 29-32 Cross step left over right foot step back on right, step left next to right, touch right in place

STEP HITCHES & TURN

33-36 Step right forward, hitch left, (release left hand, and raise right hands), step left forward turning ½ turn right, hitch right

Lady turns left under mans right arm, hold both hands again

37-60 Repeat steps 13-32

STEP HITCHES, TURN & SHUFFLES

61-66 Step right forward, hitch left, (release left hand, and raise right hands), step left forward turning ¼ turn right, hitch right

(Lady turns left under mans right arm, to face LOD)

67&68 Right, shuffle, forward, left shuffle forward

REPEAT





牆數: 0