Brush-Off



拍數: 40 編數: Improver line/contra dance

編舞者: Deb Crew (CAN)

音樂: Time Marches On - Tracy Lawrence



Position: Couples start in promenade position. For contra, use two lines back-to-back four feet apart in staggered position.

Start dance when the artist begins his lyrics. Wait 16 beats, start on 17th beat.

Dedicated to a very special lady, Debbie Groves of Wasaga Beach Ontario, Canada! This one's for you, Deb!

SIDE ROCK-STEP: STEP ACROSS, BRUSH

To add a smooth, graceful effect, pivot slightly on ball of right foot so that your body is turning slightly to the left for step 1

1-2 Rock side right on right, step in place on left

3-4 Cross and step right over left, brush left (weight on right)

SIDE ROCK-STEP; STEP ACROSS, BRUSH

To add a smooth, graceful effect, pivot slightly on ball of left foot so that your body is turning slightly to the right for step 5

5-6 Rock side left on left, step in place on right

7-8 Cross and step left over right, brush right (weight on left)

RIGHT VINE, BRUSH LEFT

9-10 Step side right, step left behind right

11-12 Step side right, brush left

LEFT VINE, BRUSH RIGHT

13-14 Step side left, step right behind left

15-16 Step side left, brush right

STEP FORWARD, 1/2 TURN, STEP FORWARD, BRUSH

17-18 Step forward on right foot, step ½ turn left on left foot

19-20 Step forward on right foot, brush left

When you brush your foot forward for steps 20, 22, 28 and 30, try clicking your heel softly as you brush your foot forward to give this part of the dance a graceful, marching effect.

STEP FORWARD, BRUSH, STEP FORWARD, HOLD

21-22 Step forward on left, brush right

23-24 Step forward on right, hold position for 1 beat (weight on right)

STEP FORWARD, 1/2 TURN, STEP FORWARD, BRUSH

25-26 Step forward on left foot, step ½ turn right on right foot

27-28 Step forward on left foot, brush right

STEP FORWARD, BRUSH, STEP FORWARD, HOLD

29-30 Step forward on right, brush left

31-32 Step forward on left, hold position for 1 beat

STEP FORWARD, STEP TOGETHER, STEP BACK, HOLD

33-36 Step forward on right, step left together, step back on right, hold position for 1 beat

STEP BACK, STEP-TOGETHER, STEP FORWARD, HOLD

37-40 Step back on left, step right together, step forward on left, hold position for 1 beat