

A Country Dance (aka Nowhere Fast)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0
編舞者: Pauline Wells - April 2008
音樂: Nowhere Fast - Josh Turner

級數: Beginners Couples



Faster: Small Town Southern Man by Alan Jackson,
Next Time I'm Taking My Time by Neil McCoy,
Things That Never Cross a Man's Mind by Kelly Pickering
Note: Any slow to moderate tempo music will work.

Comment: Couples dance in a circle. Begin facing line of dance. Man and woman steps are the same. Can be done as a 4 wall Line by doing a pivot 1/4 turn in second set of eight counts (instead of 1/2 turn).

WALK, WALK, WALK, HOLD TURNING 1/4 TO RIGHT, SWAY, SWAY, SWAY TURNING 1/4 TO RIGHT

1 - 4 Walk L, R, L, hold turning 1/4 to right
5 - 8 Sway R, L, R, L turning 1/4 to right

SHUFFLE FORWARD R, L, PIVOT 1/2 TURN, SHUFFLE

1 & 2 Shuffle forward R
3 & 4 Shuffle forward L
5 - 6 Pivot 1/2 turn to left
7 & 8 Shuffle forward R

VINE TO L, VINE TO R

1 - 4 Vine to L (lady turns in rolling vine)
5 - 8 Vine to R (lady turns in rolling vine)

LOCK STEP FORWARD L, R

1 - 4 Step forward on left, lock step right behind left, step forward on left, touch right next to left
5 - 8 Step forward on right, lock step left behind right, step forward on right, touch left next to right

REPEAT
