

Back On The Ground

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Christine Collins (AUS) - October 2011
音樂: Back On the Ground - Scotty McCreery : (Album: Clear as Day - 3:19)



Intro: 16 beats . Counter Clockwise

[1-8] SIDE DRAG, BEHIND, SIDE, ROCK FWD, BACK, TOGETHER, ½ UNWIND, STEP BACK, ROCK BACK, ROCK FWD, STEP TOGETHER

1, 2 & 3 Step R to side, Drag left, Step behind left, Step right beside left, Rock forward left
4 & 5 Rock back right, Step left together, Touch right toe behind unwind ½ right (6:00)
6 & 7 Step R back, Rock L back
8 & Rock R forward, Step L together #

[9-16] SWEEP RIGHT, SWEEP LEFT, WEAVE RIGHT CROSS SIDE BEHIND, SWEEP, STEP, STEP, SIDE DRAG R TOWARDS LEFT, STEP R FWD, STEP L FWD

1, 2 Sweep R, Sweep L
3 & 4 Step R across, Step L to the side, Step R behind
5 & 6 Sweep L, Step L behind, Step R together, Step L to side, Drag R towards L
7, 8 Step R forward, Step L forward

[17-24] RIGHT SAMBA, CROSS ½ TURN, RIGHT SAMBA, CROSS ¼ TURN

1 & 2 Cross R over L, Rock L to side, Replace weight R
3 & 4 Cross L over R, ¼ turn L Step R back, ¼ turn L Step L to side (12:00)
5 & 6 Cross R over L, Rock L to side, Replace weight R
7 & 8 Cross L over R, ¼ turn L Step R back, Step L to side (9:00)

[25-32] STEP RIGHT FWD, STEP LEFT FWD, PIVOT ½ L, STEP FWD R, PIVOT ½ R, STEP FWD L, RIGHT SIDE ROCK, HOOK

1, 2 Step R forward, Step L forward
3 & 4 Step R forward Pivot ½ left, Step R forward (3:00)
5 & 6 Step L forward Pivot ½ right, Step L forward (9:00)
7, 8 Rock R to right side, Replace weight onto left, Hook R foot to left knee

REPEAT

RESTART: # On Wall 4 dance to count 8 & then start wall 5 to 9:00.

ENDING: Wall 8: Dance to count 6 & add left toe unwind ½ left and drag right foot forward