

Dose of Country

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Description : 48 temps, 2 murs, Intermediaire
ECS, Août 2018

Musique : Dose Of Country (Dean Brody) –
[Single : Dose Of Country, May, 2018]134 bpm



#16 counts intro

S1 – L CHASSE, BACK ROCK, 1/8 R, TRIPLE FWD, CROSS, UNWIND ½ R WITH SWEEP

- 1&2 Step Lf to side – step Rf beside Lf – step Lf to side
3 – 4 Rock back on Rf – recover onto Lf
5&6 Turn 1/8 right stepping Rf forward (1:30) – step Lf beside Rf – step Rf forward (1:30)
7 – 8 Cross Lf over Rf – unwind 1/2 turn right and sweep Rf from front to back (7:30)

S2 – R SAILOR, L SAILOR, FWD ROCK, BACK KICK BALL STEP

- 1&2 Step ball of Rf behind Lf – step Lf to side – step Rf to side
3&4 Step ball of Lf behind Rf – step Rf to side – step Lf to side
5 – 6 Rock Rf forward – recover onto Lf
7&8 Kick Rf back – step ball of Rf beside Lf – step Lf forward (7:30)

S3 – JAZZ BOX 5/8 R, KICK BALL CROSS TWICE

- 1 – 2 Cross Rf over Lf – turn 1/4 right stepping back on Lf (10:30)
3 – 4 Turn 1/4 right stepping Rf to side – turn 1/8 right stepping Lf crossed in front of Rf (3:00)
5&6 Kick Rf diagonally right – step ball of Rf beside Lf – cross Lf over Rf
7&8 Kick Rf diagonally right – step ball of Rf beside Lf – cross Lf over Rf

S4 – R CHASSE, BACK ROCK, TRIPLE ¼ R, TRIPLE ½ R

- 1&2 Step Rf to side – step Lf beside Rf – step Rf to side
3 – 4 Rock back on Lf – recover onto Rf
5&6 Step Lf to side – step Rf beside Lf – turn 1/4 right stepping back on Lf (6:00)
7&8 Turn 1/4 right stepping Rf to side – step Lf beside Rf – turn 1/4 right stepping Rf forward (12:00) * Restart, Tag *

S5 – STEP, TOUCH, BACK, HEEL BALL STEP, TRIPLE FWD, PIVOT ½ L

- 1 – 2 Step Lf forward – touch right toes behind Lf
&3&4 Step Rf slightly back – touch left heel forward – step ball of Lf next to Rf – step Rf

forward

5&6 Step Lf forward – step Rf beside Lf – step Lf forward

7 – 8 Step Rf forward – pivot 1/2 turn left (6:00)

S6 – TRIPLE FWD, KICK BALL POINT, CROSS TRIPLE, SIDE, BEHIND

1&2 Step Rf forward – step Lf beside Rf – step Rf forward

3&4 Kick Lf forward – step ball of Lf beside Rf – point right toes to right side

5&6 Cross Rf over Lf – step Lf to side – cross Rf over Lf

7 – 8 Step Lf to side – step Rf behind Lf

Restart : during wall 3 and wall 6, after 32 counts, facing 12:00

Tag & Restart : wall 7, dance 32 counts, add these 4 counts of tag, then restart facing (12:00) :

1-4 Stomp Lf to side – swivel right heel to left – swivel right toes to left – stomp Rf next to Lf

« Croquez la vie à pleines danses ! » Magali Chabret – galicountry76@yahoo.fr – www.galichabret.com

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.

(150)