

COUNTRYFRIENDS83

Ecole de Danse

BALL CAP

Count : 32 Wall : 1 Level : Beginner/ Intermediate
Choreographe : Jessica Short and Kerry Kick (feb 2014)
Music : Ball Cap by Glen Templeton

Start after 20 counts, on "It's"

2 RESTARTS : 1er Mur 3 à 3h00 2eme Mur 6 à 6h00

SIDE, TOGETHER, ¼ TURN TRIPLE, FORWARD TURN, TRIPLE

1, 2 Step R to right side, Step L together
3 & 4 ¼ turn to right (3,00) Step R forward, Step L together, Step R forward
5, 6 Step L forward, ½ turn to R weight on right 9,00
7 & 8 Step L forward, Step R together, Step L forward

HEEL, AND HEEL, AND HEEL, CLAP, MONTEREY ½ TURN, OUT, OUT, IN, IN

1 & Touch R heel forward, Step R together
2 & Touch L heel forward, Step L together
3, 4 Touch R heel forward, clap
5, 6 Touch R to right side, ½ turn to right and Step in place on right foot 3,00
& 7 Step L "out" to left side, Step R "out" to right side
& 8 Step L "in" to place, Step R "in" to place

RESTARTS murs 1 et 6

TOUCH SIDE AND FRONT, TOUCH FRONT AND SIDE, ¼ TURN, HIP ROLL

1 & Touch L to left side, Step L together
2 & Touch R heel forward, Step R together
3 & Touch L heel forward, Step L together
4 & Touch R to right side, Step R together
5, 6 Step L forward, ¼ turn to right and weight on right 6,00
7, 8 Hip roll left, end weight on right

SAILOR STEP, SAILOR STEP, CROSS BEHIND, ½ TURN, HIPS

1 & 2 Step L behind right, Step R to right side, Step L in place
3 & 4 Step R behind left, Step L to left side, Step R in place
5, 6 Cross L behind R, ½ turn left to unwind (12:00) weight on left
7, 8 Hip sway right (weight on right), Hip sway left (weight on left)

Cathy Meriot - Choréographe / Instructor
106 I Chemin des Jardins
83920 LA MOTTE en PROVENCE
tél: 06.61.17.10.82 Email:cathy.meriot83@sfr.fr
www.countryfriends83.fr