



ROUTINE OBBLIGATORIE PER LA cl. B
Disciplina COUNTRY WESTERN DANCE

Vedi art. 4.4 del Regolamento Tecnico di Settore - E.Po.Ca



Classe B - Solo LILT

HEADS CAROLINA

East Coast Swing 32 counts 4 walls - by Julia Schmid

Music: SHE HAD ME AT HEADS CAROLINA by Cole Swindell (135 BPM special edit)

SHUFFLE, 1/2 STEP TURN R, 1/2 SHUFFLE TURN L, OUT OUT, IN IN.	
1	RF Step Forward
&	LF Step next to RF
2	RF Step forward
3	LF Step forward
4	RF 1/2 Turn R, step forward (06:00)
5	LF 1/4 Turn R, step L (09:00)
&	RF Step next to LF
6	LF 1/4 Turn R, step back (12:00)
&	RF Step slightly diagonally back R
7	LF Step slightly diagonally back L
&	RF Step back to center
8	LF Close next to LF
CHASSE, 1/4 TURN R, CHASSE, SAILOR STEP, BEHIND, 1/4 TURN R, FORWARD 2X	
1	RF Step to R side.
&	LF Step next to RF
2	RF Step to R side
3	LF 1/4 Turn R, step L (03:00)
&	RF Step next to LF.
4	LF Step to L side
5	RF Cross behind LF
&	LF Step slightly L
6	RF Step to R side
7	LF Cross behind RF
&	RF 1/4 Turn R, step forward (06:00)
8	LF Step forward

STEP, KICK, STEP, POINT, 1/2 SAILOR TURN R, 1/2 SAILOR TURN L	
1	RF Step Forward
2	LF Kick L.
3	LF Step forward
4	RF Point R
5	RF Cross behind LF
&	LF 1/2 Turn R, step L (12:00)
6	RF Step forward
7	LF Cross behind RF
&	RF 1/2 Turn L, step R
8	LF Step forward
CROSS UNWIND 3/4 TURN L, JAZZ BOX	
&	RF Step Forward
1	LF Cross behind RF
2	LF Start 3/4 turn L
3	LF Continue with 3/4 turn L
4	LF finish 3/4 Turn L and put weight on LF (09:00)
5	RF Cross over LF
6	LF Step back
7	RF Step side R
8	LF Step next to RF



Classe B - Solo CUBAN

COVER YOU IN KISSES

Cha Cha 32 counts 4 walls - by Jeff Camps & Grace David

Music: COVER YOU IN KISSES by John Michael Montgomery Special Edit (BPM 106)

STEP, CROSS, FULL TURN, CHASSE, 1/8 TURN R, ROCK STEP, BACKWARDS, 1/2 TURN, FORWARD	
1	RF Step R
2	LF Cross over
3	Full Turn R (12:00)
4	RF Step R
&	LF Step together
5	RF Step R
6	LF 1/8 Turn R, step forward (1:30)
7	RF Recover weight
8	LF Step backwards
&	RF 1/4 Turn R, step together (4:30)
9	LF 1/4 Turn R, step forward (7:30)
FORWARD 2X, LOCK STEP, 1/8 TURN R, ROCK STEP, CROSS TOGETHER CROSS	
10	RF Step Forward
11	LF Step forward
12	RF Step Forward
&	LFCross behind
13	RF Step Forward
14	LF 1/8 Turn R, step L (9:00)
15	RF Recover weight
16	LF Cross behind
&	RF Step together
17	LF Cross Over

SIDE, CROSS, CHASSE, ROCK STEP, FULL TRIPPLE TURN L	
18	RF Step R
19	LF Cross behind
20	RF Step R
&	LF Step together
21	RF Step R
22	LF Cross Over
23	RF Recover weight
24	LF 1/4 Turn L, step forward (6:00)
&	RF 1/2 Turn L, step together (12:00)
25	LF 1/4 Turn L, step L (9:00)
CROSS, 1/4 TURN R SWEEP, SIT, FORWARD 2X, 3/4 SPIRAL TURN L, ROCK STEP	
26	RF Cross Over
27	LF 1/4 Turn R, step backwards (12:00)
	RF Sweep backwards
28	RF Cross behind, bend knee
29	LF Step forward
30	RF Step forward, 3/4 turn L
	LF Bend knee (3:00)
31	LF Step L
32	RF Cross Over
&	LF Recover weight



Classe B - Solo SMOOTH

ONE NIGHT A DAY

Nightclub 32 counts 2 walls - by Giorgia Rizzardi

Music: ONE NIGHT A DAY by Garth Brooks (BPM 118)

STEP FORWARD, SWEEP FWD TURN 1/4, STEP TURN 1/2, TURN 1/4 STEP SIDE, CROSS BEHIND, BASIC, SYNCOPATED SWAY	
1	RF Step forward
	LF Start Sweep from back to front
2	LF Turn 1/4 to R and step LF forward (03:00)
3	RF Turn 1/2 to R and step forward (09:00)
4	LF Turn 1/4 to R, Step to L side (12:00)
&	RF Cross behind RF
5	LF Step to L side
6	RF Step together
&	LF Cross over
7	RF Sway to R side, weight on RF
8	LF Sway to L side, weight on LF
&	RF Sway to R side, weight on RF
TURN 1/8 R, CHECK, RECOVER WEIGHT, HOOK OVER ANKLE TURN 1/4 L, CHAINE TURN L, LUNGE, STEP TURN 1/2 L, SPIRAL LEFT	
9	LF Turn 1/8 R, Contra Check (<i>LF forward</i>) (01:30)
10	RF Recover weight on RF
11	LF Hook over right ankle
	LF Turn 1/4 L (10:30)
12	LF Step forward (prepare for turn).
&	RF Step together turn 3/4 L (01:30)
13	LF Turn 1/4 L (10:30)
	Lunge with L leg forward and straight R leg
14	RF Step forward, turn 1/2 L (04:30)

15	LF Weight on LF
16	RF Step forward & make full spiral turn L (4:30)
&	LF Step in place
BASIC DIAGONAL, STEP TURN 3/8 SWEEP FORWARD, STEP SIDE, CROSS BEHIND, BASIC, SYNCOPATED SWAY	
17	RF Step side R (<i>face 04:30</i>)
18	LF Step together
&	RF Cross over
19	LFT urn Step forward turn 3/8 L (<i>12:00</i>)
	RF Sweep from back to side
20	RF Turn step to R side
&	LF Cross behind RF
21	RF Step to R side
22	LF Step together
&	RF Cross over
23	LF Sway to L side, weight on LF
24	RF Sway to R side, weight on RF
&	LF Sway to L side, weight on LF
TURN 1/8 L, CHECK, RECOVER WEIGHT, HOOK OVER ANKLE TURN 1/4 R, CHAINE TURN R, LUNGE, STEP TURN 1/2 R, 3/8 PIROUETTE, STEP TURN 1/2	
25	RF Turn 1/8 L Contra Check (RF forward) (<i>10:30</i>)
26	LF Recover weight on LF
27	RF Hook over L ankle
	LF Turn 1/4R (<i>01.30</i>)
28	RF Step forward (prepare for turn).
&	LF Step together turn 3/4 R (<i>10:30</i>)
29	RF Turn 1/4 R (<i>01:30</i>)
	RF Lunge with R leg forward and L leg straight
30	LF Step forward turn 1/2 R (<i>07:30</i>)
31	RF Weight on RF
32	LF 3/8 pirouette R, start with high knee and step forward, end at 12:00.
&	LF Turn 1/2 R, weight on LF (<i>06:00</i>).



Classe B Solo - RISE AND FALL

CROWD MY MIND

Waltz 48 counts 2 walls - by Laura Arbeider

Music: CROWD MY MIND by Brett Eldredge special edit (98 BPM)

CONTRA CHECK, SYNCOPATED WEAVE 1/4 TURN L	
1	LF Cross over
2	RF Recover weight
3	LF Step L
4	RF Cross over
&	LF Step L
5	LF Cross behind
6	LF 1/4 Turn, step forward (09:00).
FORWARD, 1/2 TURN LEFT, 1/2 PIVOT TURN L (2X)	
7	RF Step forward
8	RF Start 1/2 turn L. (04:30)
9	Finish 1/2 Turn L (03:00)
10	LF Step forward.
11	RF 1/2 Turn L, Step backwards (09:00)
12	LF 1/2 Turn L, Step forward (03:00)
DEVELOPÉ, LUNGE	
13	RF Cross over (01:30)
14	LF Start straighten leg forwards
15	LF Finish straighten leg forwards
16	LF Step backwards, bend knee
17	LF Bend knee
	RF Touch backwards.
18	LF Straighten knee

	RF Drag together
3/8 TURN, FORWARD, CHAÎNÉ TURN R, FORWARD, CONTRA CHECK, TOUCH	
19	RF 3/8 Turn R, Step forward (06:00)
20	LF Full turn R, Step together
21	Step forward (06:00)
22	LF Step forward.
23	RF Recover weight
24	LF Touch L (06:00)
HALF DIAMOND	
25	LF Cross over
26	RF Step R
27	LF 1/8 Turn L, Step backwards (04:30)
28	RF Step backwards
29	LF 1/8 Turn L, Step L (03:00)
30	RF 1/8 Turn L, Step forward (01:30)
HALF DIAMOND	
31	LF Cross over (01:30)
32	RF Step R (12:00)
33	LF 1/8 Turn L, Step backwards (10:30)
34	RF Step backwards
35	LF 1/8 Turn L, Step L (09:00)
36	RF 1/8 Turn L, Step forward (07:30)
CONTRA CHECK ON DIAGONAL (2X)	
37	LF Cross over on diagonal (07:30).
38	RF Recover weight
39	LF Step L
40	RF Cross over (04:30)
41	LF Recover weight
42	RF Step R
1/8 TURN R STEP FORWARD, 1/2 TURN RIGHT, ROND DE JAMBE 3/8 TURN R	
43	LF 1/8 Turn R Step Forward (07:30)
44	LF Start 1/2 turn R
45	Finish 1/2 Turn R (1:30)
46	RF Step forward

47	LF Start 3/8 turn R sweeping L from back to front
48	LF Finish 3/8 turn R sweeping L from back to front (06:00)