



ROUTINE OBBLIGATORIE PER LA cl. C1
Disciplina COUNTRY WESTERN DANCE

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



Classe C1 - Solo LILT

HELLO TROUBLE

Polka 32 counts 4 walls - by Jettie Feenstra

Music: HELLO TROUBLE by Desert Rose Band

CROSS OVER, SIDE, SAILOR 1/4 TURN STEP, FORWARD, 1/4 TURN SIDE, SAILOR 1/4 TURN STEP PIVOT, CHASSE, JAZZ BOX, SHUFFLE, 1/4 TURN	
1	RF Cross over
2	LF Step Left
3	RF 1/4 Turn R, Step backwards (03:00)
&	LF Step together
4	RF Step forward
5	LF Step forward
6	RF 1/4 Turn L, Step R (12:00)
7	LF 1/4 Turn L, Step backwards (09:00)
&	RF Step together
8	LF Step forward
SHUFFLE DIAGONNALLY FORWARD (2X), SHUFFLE DIAGONNALLY BACWARDS, 1/8 TURN L CHASSE	
9	RF 1/8 Turn R, Step forward (10:30)
&	LF Step together.
10	RF Step forward
11	1/4 Turn L, Step forward (07:30)
&	RF Step together
12	LF Step forward
13	RF Step backwards.
&	LF Step together.
14	RF Step backwards.
15	LF 1/8 Turn L, Step L (06:00)
&	RF Step together
16	LF Step L.
PIVOT, CHASSE, JAZZ BOX, SHUFFLE, 1/4 TURN	

17	RF 1/4 Turn R, Step forward (09:00)
18	1/2 Turn R, Step backwards (03:00)
19	RF 1/4 Turn R, Step R (06:00)
&	LF Step together.
20	RF Step R
21	LF Cross over
22	RF Step backwards.
23	LF Step L.
&	RF Step together.
24	LF 1/4 Turn Left, Step forward (03:00).
KICK BALL CHANGE (2X), TOUCH, FLICK 1/2 TURN, STOMP (2X)	
25	RF Kick diagonally, R forward
&	RF Step together on ball
26	LF Step forward.
27	RF Kick diagonally R forward.
&	RF Step together on ball
28	LF Step forward.
29	RF Touch forward
30	LF 1/2 L (09:00), RF flick backwards
31	RF Stomp forward.
32	LF Stomp together.



Classe C1 - Solo CUBAN

BEDROOM CHA

Cha Cha 32 counts 4 walls - by Jeff Camps & Roy Verdonk

Music: **BEDROOM** by Bexar Special Edit (BPM 113PD)

SIDE, ROCK STEP, 1/8 TURN R, LOCK STEP, 1/8 TURN L, CROSS, SIDE, SAILOR STEP	
1	LF Step L
2	RF Step Backwards
3	LF Recover weight
4	RF 1/8 Turn R, Step Forward (1:30)
&	LF Cross behind
5	RF Step forward
6	LF Cross over
7	RF 1/8 Turn L, step R (12:00)
8	LF Cross behind
&	RF Step R
9	LF Step L
HOLD, BALL STEP, CROSS SHUFFLE, SIDE, CROSS SWEEP, CROSS, 1/4 TURN R, FORWARD	
10	Hold
&	RF Step together on ball
11	LF Step L
12	RF Cross over
&	LF Step together
13	RF Cross over
14	LF Step L
15	RF Cross behind LF Sweep backwards
16	LF Cross behind

&	RF 1/4 Turn R, step forward (3:00)
17	LF Step forward
ROCK STEP, LOCK STEP, BACKWARDS, TOGETHER, LOCKSTEP	
18	RF Step Forward
19	LF Recover weight
20	RF Step backwards
&	LF Cross over
21	RF Step backwards
22	LF Step backwards
23	RF Step together
24	LF Step forward
&	RF Cross behind
25	LF Step forward
TOUCH & TOUCH, JAZZBOX, CROSS, CHASSÉ	
26	RF Touch R
&	RF Step together
27	LF Touch L
28	LF Cross Over
29	RF Step backwards
30	LF Step L
31	RF Cross over
32	LF Step L
&	RF Step together



Classe C1 - Solo SMOOTH

WHAT ARE WORDS

Nightclub 32 counts 2 walls - by Anna Bistaffa

Music: WHAT ARE WORDS by Chris Medina (123 BPM)

BASIC (2X), STEP FORWARD, 1/2 TURN L, STEP FORWARD, SIDE ROCK STEP, 1/8 TURN L CROSS OVER	
1	RF Step to R side.
2	LF Close behind RF
&	RF Cross over LF
3	LF Step to L side
4	RF Close behind LF.
&	LF Cross over RF
5	RF Step Forward
6	LF 1/2 turn L, step forward (06:00)
7	RF Step side.
8	LF Recover weight
&	RF 1/8 Turn, cross over LF (04:30)
3/4 DIAMOND TURN, ROCK STEP BACK	
9	LF Step forward (04.30)
10	RFTurn 1/8 L & step to side (03.00)
&	LF Turn 1/8 L & step backward (facing 01.30).
11	RF STEP Backward
12	LFTurn 1/8 L & step to side (12:00).
&	RFTurn 1/8 L & step forward (10:30)
13	LF Step forward
14	RF Turn 1/8 L & step to side (09:00).
&	LFTurn 1/8 L & step back (facing 07:30).
15	RF Step Back

16	LF Recover weight
STEP, SWEEP TURN, PIVOT TURN (X2), STEP BACK, PIVOT TURN (X2), STEP BACK, STEP, HIGH KICK, STEP BACK	
17	RF Turn 1/8 R & step forward (09:00)
18	LF Turn 1/4 R sweeping from back to forward (12:00), Step.
&	RF Recover weight
19	LF Turn 1/2 L, Step forward (06:00).
20	RF Turn 1/2 L, Step backward (12:00).
&	LF Step back.
21	RF Turn 1/2 R, Step forward (06:00).
22	LF Turn 1/2 R, Step backward (12:00).
&	RF Step Back
23	LF Turn 1/2 L, Step forward (06:00).
24	RF Kick forward (<i>high</i>).
&	RF Step Back
STEP BACK (X3), 1/4 TURN, BASIC (X2), 1/4 TURN STEP FORWARD, 1/2 TURN STEP NEXT	
25	LF Step back
26	RF Step Back
&	LF Step back
27	RF 1/4 Turn R, Step side right (09:00).
28	LF Close behind RF.
&	RF Cross over LF.
29	LF Step to L side.
30	RF Close behind LF.
&	LF Cross over RF.
31	RF 1/4 Turn R, step forward (12:00).
32	LF 1/2 Turn R, close next to RF (06:00).



Classe C1 - TEAM

RATTLESNAKE SLIDE

Intermediate 32 counts 2 walls - by Landon James Purvis & Mark Paulino

Music: RATTLESNAKE SLIDE - by Kadooh

WALK WALK, ¼ PIVOT TURN CROSS, PUSH SLIDE TOGETHER, L HEEL JACK TOGETHER	
1-2	Walk forward R, L 12
3&4	Step forward R with ¼ turn left, recover on L, R cross over L
5-6	Big side step L with R push slide to follow ending R next to L
&7&8	Hop back R diagonal, heel touch L forward diagonal, L neutral step, R steps besides L
TOE STRUT, CROSS TOE STRUT, BACK, SIDE, FORWARD, LOCK	
1-2	L toe touch forward, put weight down on L heel
3-4	R toe touch crossing over L, put weight down on R heel
5-6	L steps back, R steps side
7-8	L steps forward, R locks behind L with slight bend on both knees
¼ TURN STEP, SCUFF, ¼ TURN STEP, SCUFF, STEP SIDE, STEP IN PLACE, HOP, CLAP CLAP	
1-2	L steps forward with ¼ turn right, R scuffs forward
3-4	¼ turn right stepping down on R, L scuffs forward
5-6	L side step, R steps in place
7&8	Hop forward, clap, clap
CROSS KICK AND HEEL AND OVER AND HEEL AND ROCK, RECOVER, L COASTER STEP	
1&2	R kick cross over L, R steps back in a diagonal, L heel touch forward in a diagonal
&3&4	L steps neutral, R cross over L, L steps back in a diagonal, R heel touch forward in a diagonal
&5-6	R steps neutral, L rocks forward, recover back on R
7&8	L steps back, R steps besides L, L steps forward