

C.R.S. (Cowboy Rhythm Strong)

Choreographie: Dan Albro

Beschreibung: 32 Count, 0 Wall,
Beginner/Intermediate Couple Dance

Musik: **Ain't In Kansasa Anymore** von Miranda Lambert



Start: Side by side, facing FLOD, Like footwork except where noted

Intro: Der Tanz beginnt nach 32 Counts mit dem Einsatz des Gesangs

CHANGE SIDES, COASTER STEP, CHANGE SIDES, COASTER STEP

Frau

- 1, 2 Step R over L cross in front of man, turn $\frac{1}{4}$ right stepping back L (OLOD)
- 3 & 4, 5 Step back R, step L next to R, step fwd R, step fwd L
- 6, 7 & 8 Turn $\frac{1}{2}$ left stepping back R (ILOD), step back L, step R next to L, step fwd L

Mann

- 1, 2 Step side R, left hands over ladies head turning $\frac{1}{4}$ left stepping back L (ILOD)
- 3 & 4, 5 Step back R, step L next to R, step fwd R, left hands over ladies head turning $\frac{1}{4}$ right stepping side L
- 6 Right hands over ladies head turn $\frac{1}{4}$ right stepping back R (OLOD)
- 7 & 8 Step back L, step R next to L, step fwd L

KICK BALL CHANGE, KICK BALL CHANGE, $\frac{1}{2}$ TURN SHUFFLE, SHUFFLE SIDE

Frau und Mann

- 1 & 2 Release left hands kick R angle fwd left, step back on ball of R, replace weight fwd L
- 3 & 4 Kick R angle fwd left, step back on ball of R, replace weight fwd L
- 5 & 6 Release right hands turning $\frac{1}{4}$ left stepping side R, step L next to R, turn $\frac{1}{4}$ left stepping back R
- 7 & 8 Step side L, step R next to L, step side L picking up right hands

KICK BALL CHANGE, KICK BALL CHANGE*, TURNING SHUFFLES INTO SIDE BY SIDE POSITION

Frau und Mann

- 1 & 2 Kick R angle fwd left, step back on ball of R, replace weight fwd L
- 3 & 4 Kick R angle fwd left, step back on ball of R, replace weight fwd L*
- Frau
- 5 & 6 Turn $\frac{1}{4}$ left stepping side R, step L next to R, turn $\frac{1}{4}$ left stepping back R
- 7 & 8 Turn $\frac{1}{4}$ left stepping side L, turn $\frac{1}{4}$ left stepping R next to L, turn $\frac{1}{4}$ left stepping fwd L (FLOD)
- Mann
- 5 & 6 Release right hands turning $\frac{1}{4}$ left stepping side R, step L next to R, step back on R
- 7 & 8 Turn $\frac{1}{4}$ left stepping side L, step R next to L, pick up both hands turning $\frac{1}{4}$ left stepping fwd L (FLOD)

STEP, LOCK, SHUFFLE FWD, STEP, LOCK, SHUFFLE FWD

Frau und Mann

1, 2, 3 & 4 Step fwd R, step lock L behind R, step fwd R, step L next to R, step fwd R

5, 6, 7 & 8 Step fwd L, step lock R behind L, step fwd L, step R next to L, step fwd L

Wiederholung bis zum Ende

*Tag: Once, When dancing to "I Can Drink to that all Night" ADD an additional kick ball change to the 3rd eight count on the second time through the pattern.