

# Rock N Roll N Groove (瘋狂搖滾) (zh)

COPPER KNOB  
BY STEPHEN B. METZ

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Rachael McEnaney (USA) - 2010年05月

Musik: Dead Ringer for Love - Meat Loaf & Cher



前奏 : Count In: 32 counts from start of track – dance begins on vocals 32拍後唱歌起跳

## 第一段 R Rocking Chair, R Heel Grind With ¼ Turn, Back Rock 右搖椅步, 踵轉1/4, 後下沉 回復

1-4 Rock forward on right (1), recover weight onto left (2), rock back on right (3), recover weight onto left (4) [12.00]

右足前下沉, 左足回復, 右足後下沉, 左足回復(面向12點鐘)

5-8 Rock forward on heel of right (5), make ¼ turn right rocking weight onto left (6), rock back on right (7), recover weight onto left (8) [3.00]

右足踵前下沉, 右轉90度左足回復, 右足後下沉, 左足回復(面向3點鐘)

## 第二段 ¼ Monterey Turn R, Step Forward R, ½ Pivot Turn To Left, Step Forward On R, Hold 1/4蒙特瑞轉, 前轉 踏 候

1-4 Touch right to right side (1), make ¼ turn right stepping right next to left (2), touch left to left side (3), step left next to right (4) [6.00]

右足右點, 右轉90度右足併踏, 左足左點, 左足併踏(面向6點鐘)

5-8 Step forward on right (5), pivot ½ turn left (6), step forward on right (7), hold (8) [12.00]

右足前踏, 左軸轉180度, 右足前踏, 候(面向12點鐘)

## 第三段 L Toe Heel, L Cross, R Toe Heel, R Cross, L Back, R Side 趾踵, 交叉, 趾踵, 交叉, 後, 右踏

1-4 Touch left toe in towards right (1), touch left heel to left diagonal (2), cross left over right (3), touch right toe in towards left (4) [12.00]

左足趾於右足前點, 左足踵左斜角前點, 左足於右足前交叉踏, 右足趾於左足前點(面向12點鐘)

5-8 Touch right heel to right diagonal (5), cross right over left (6), step back on left (7), step right to right side (8) [12.00]

右足踵右斜角前點, 右足於左足前交叉踏, 左足後踏, 右足右踏(12點鐘)

Styling: On the toe heel cross sections: option to swivel on opposite foot at same time so it is more of a twisting action

趾踵交叉可改成腳旋轉的舞步

## 第四段 L Cross, R Side, L Heel, Side, R Cross, L Side, R Behind, ¼ Turn L Stepping Fwd L (Vaudeville Into Weave) 交叉, 右踏, 踵, 左踏, 交叉, 左踏, 後交叉, 左1/4

1-4 Cross left over right (1), step right to right side (2), touch left heel to left diagonal (3), step left to left side (4) [12.00]

左足於右足前交叉踏, 右足右踏, 左足踵左斜角前點, 左足左踏(12點鐘)

5-8 Cross right over left (5), step left to left side (6), cross right behind left (7), make ¼ turn left stepping forward on left (8) [9.00]

右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏(面向9點鐘)

## 第五段 R Toe Strut, Step Forward L, ½ Pivot Turn R, L Toe Strut, Step Forward R, ¼ Pivot Turn L 趾踵, 踏轉, 趾轉, 踏轉1/4

1-4 Touch right toe forward (1), drop right heel to floor (taking weight) (2), Step forward on left (3), pivot ½ turn right (4) [3.00]

右足趾前點, 右足踵踏, 左足前踏, 右軸轉180度(面向3點鐘)

5-8 Touch left toe forward (5), drop left heel to floor (taking weight) (6), step forward on right (7), pivot ¼ turn left (8) [12.00]

左足趾前點, 左足踵踏, 右足前踏, 左軸轉90度(面向12點鐘)

**第六段 Crossing R Toe Strut, L Back Strut, Rolling Vine To Right 1 & ¼ Turns**  
**交叉趾踵, 後趾踵, 轉華倫1又1/4圈**

1-4 Cross ball of right foot over left (1), drop right heel to floor (taking weight) (2), touch left toe back (3), drop left heel to floor (taking weight) (4) [12.00]  
右足趾於左足前交叉踏, 右足踵踏, 左足後點, 左足踵踏(面向12點鐘)

5-8 Make ¼ turn right stepping forward on right (5), make ½ turn right stepping back on left (6), make ½ turn right stepping forward on right (7), step forward on left (8) [3.00]  
右轉90度右足前踏, 右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(面向3點鐘)

Easy Instead of rolling vine on counts 5-8 do normal grapevine with ¼ turn right: Step right to right side (5), cross left behind right (6), make ¼ turn stepping forward on right (7), step forward on left (8)  
可將5-8轉華倫換成一個右轉90度的藤步-右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏, 左足前踏

**TAGS:** There are 3 tags at END of walls: 1 (4 count tag), 4 & 9 (8 count tag) – music reminder: “Baby Baby”  
加拍：有三個加拍 - 第一面牆(加4拍), 第四面牆及第九面牆(加8拍), 歌曲唱到“Baby Baby”時

**Wall 1: At the END of wall 1 you will be facing 3.00 add following 4 count tag: Musical hint is that the lyrics are “Baby Baby”**

第一面牆(面向3點鐘)結束時, 加4拍, 歌曲唱到“Baby Baby”

1-4 Rock forward on right (1), recover weight onto left (2), rock back on right (3), recover weight onto left (4) – Rocking chair [3.00]  
右足前下沉, 左足回復, 右足後下沉, 左足回復 - 搖椅步(面向3點鐘)

**Wall 4&9: At the END of wall 4 you will be facing 12.00, at end of wall 9 you will be facing 3.00 add 8 count tag: Musical hint is that the lyrics are “Baby Baby – Baby Baby”**

第四面牆結束時(面向12點鐘)及第九面牆結束時(面向3點鐘), 加下面8拍, 歌曲會唱到“Baby Baby – Baby Baby”

1-4 Rock forward on right (1), recover weight onto left (2), rock back on right (3), recover weight onto left (4) – Rocking chair  
右足前下沉, 左足回復, 右足後下沉, 左足回復 - 搖椅步

5-8 Step right heel forward on right diagonal (5), step left heel forward on left diagonal (6), step back on right (7), step back on left (8)  
右足踵右斜角前點, 左足踵左斜角前點, 右足後踏, 左足後踏

Easy step forward right, left, then back right, left  
右足前踏, 左足前踏, 右足後踏, 左足後踏

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