

Memphis Rocks (孟菲斯搖滾) (zh)

COPPER KNOB
STEPSHEETS

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Nina Chen (TW) - 2017年05月

Musique: Memphis Rocks by Billy Swan



Intro: 16 counts (start on vocals)

Sec 1: CHASSE R - CROSS ROCK - RECOVER - FWD SHUFFLE 1/4 L - ROCK FWD - RECOVER

1&2 Step RF to R - Step LF beside RF - Step RF to R

3-4 Rock LF over RF - Recover onto RF

5&6 Fwd shuffle (L R L) 1/4 turn L (9:00)

7-8 Rock RF fwd - Recover onto LF

1&2 右足右踏 - 左足併踏右足旁 - 右足右踏

3-4 左足前跨下沉 - 重心回右足

5&6 前交換步 (左 右 左) 向左轉1/4 (9:00)

7-8 右足前下沉 - 重心回左足

Sec 2: CHASSE R - ROCK BACK - RECOVER - CHASSE L - ROCK BACK - RECOVER

1&2 Step RF to R - Step LF beside RF - Step RF to R

3-4 Rock LF back - Recover onto RF

5&6 Step LF to L - Step RF beside LF - Step LF to L

7-8 Rock RF back - Recover onto LF

1&2 右足右踏 - 左足併踏右足旁 - 右足右踏

3-4 左足後下沉 - 重心回右足

5&6 左足左踏 - 右足併踏左足旁 - 左足左踏

7-8 右足後下沉 - 重心回左足

Sec 3: 1/4 L CHASSE R - 1/4 L CHASSE L - 1/4 L CHASSE R - 1/4 L CHASSE L

1&2 1/4 turn L (6:00) step RF to R - Step LF beside RF - Step RF to R

3&4 1/4 turn L (3:00) step LF to L - Step RF beside LF - Step LF to L

5&6 1/4 turn L (12:00) step RF to R - Step LF beside RF - Step RF to R

7&8 1/4 turn L (9:00) step LF to L - Step RF beside LF - Step LF to L

1&2 左轉1/4 (6:00) 右足右踏 - 左足併踏右足旁 - 右足右踏

3&4 左轉1/4 (3:00) 左足左踏 - 右足併踏左足旁 - 左足左踏

5&6 左轉1/4 (12:00) 右足右踏 - 左足併踏右足旁 - 右足右踏

7&8 左轉1/4 (9:00) 左足左踏 - 右足併踏左足旁 - 左足左踏

Sec 4: FWD SHUFFLE - FWD SHUFFLE - ROCK FWD - RECOVER - FWD SHUFFLE 1/2 R

1&2 Fwd shuffle (R L R)

3&4 Fwd shuffle (L R L)

5-6 Rock RF fwd - Recover onto LF

7&8 Fwd shuffle (R L R) 1/2 turn R (3:00)

1&2 前交換步 (右 左 右)

3&4 前交換步 (左 右 左)

5-6 右足前下沉 - 重心回左足

7&8 前交換步 (右 左 右) 向右轉1/2 (3:00)

Sec 5: (L&R) DIAGONAL FWD - HEEL - TOE - TOUCH

1-4 Step LF diagonal fwd - Swivel R heel in toward LF - Swivel R toe in toward LF - Touch RF beside LF

5-8 Step RF diagonal fwd - Swivel L heel in toward RF - Swivel L toe in toward RF - Touch LF beside RF

1-4 左足斜前踏 - 右足跟提起轉向左足方向 - 右足尖提起轉向左足方向 - 右足點於左足旁
5-8 右足斜前踏 - 左足跟提起轉向右足方向 - 左足尖提起轉向右足方向 - 左足點於右足旁

Sec 6: (L&R)SLIGHTLY DIAGONAL BACK TOUCH WITH HIP BUMP - (L&R)SLIGHTLY DIAGONAL BACK TOUCH - SIDE TOUCH WITH HIP BUMP

1&2 Step LF slightly diagonal back - Touch ball of RF beside LF with hip bump
3&4 Step RF slightly diagonal back - Touch ball of LF beside RF with hip bump
5&6& Step LF slightly diagonal back - Touch ball of RF beside LF - Step RF slightly diagonal back - Touch LF beside RF
7&8 Step LF to L - Touch ball of RF beside LF with hip bump
1&2 左足稍微斜後踏 - 右足輕點於左足旁並堆放右臀
3&4 右足稍微斜後踏 - 左足輕點於右足旁並堆放左臀
5&6& 左足稍微斜後踏 - 右足輕點於左足旁 - 右足稍微斜後踏 - 左足輕點於右足旁
7&8 左足左踏 - 右足輕點於左足旁並堆放右臀

Restart: After S2 of the 4th wall (6:00)
重新開始: 在第四面牆 S2結束後 (6:00)

Ending : During S4 of Wall 7, (7&8) fwd shuffle (R L R) 1/4 turn R to face the front (12:00)
結束: 第七面牆跳到第四段的 (7&8) 前交換步 (右 左 右) 右轉 1/4 面向正面 (12:00)

Have Fun & Happy Dancing !

Contact Nina Chen : nina.teach.dance@gmail.com
