

Long Live Rock & Roll

COPPER KNOB
BY STEPHEN BATES

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Bruce Tau (NZ) - August 2014
音乐: Long Live Rock & Roll - Daughtry : (Album: Baptized)



#16 count intro

[1-8] □ WALK, WALK, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, ¼, ½

1,2,3,4 Step Right foot Forward, Step Left foot Forward, Rock Right foot to Right Side, Recover weight onto Left foot

5&6,7,8 Step Right foot behind Left, Step Left foot to Left side, Step Right foot Across Left, Make ¼ turn R and Step Left foot Back, Make ½ turn R and Step Right foot Forward [9 o'clock]

[9-16] □ ¼ PIVOT, CROSS SHUFFLE, SIDE ROCK, RECOVER, ¼ SAILOR

1,2,3&4 Step Left foot Forward, ¼ R Pivot, Step Left foot Across Right, Step Right foot to Right Side, Step Left Foot Across Right

5,6,7&8 Rock Right foot to Right Side, Recover weight onto Left, Step Right foot behind Left, Make ¼ turn R and Step Left foot Forward, Step Right foot to Right Side □ [3 o'clock]

[17-24] □ HEEL SWITCHES, WALK, WALK, TOGETHER, HEEL SWITCHES, ROCK, RECOVER

1&2,3,4 Touch Left Heel Forward, Step Left foot Together, Touch Right Heel Forward, Step Right foot Together, Step Left foot Forward, Step Right foot Forward

&5&6,7,8 Step Left foot Together, Touch Right Heel Forward, Step Right foot Together, Touch Left Heel Forward, Step Left foot Together, Rock Right foot Forward, Recover weight back onto Left foot [3 o'clock]

[25-32] □ BACK STRUT, TOGETHER, BACK, TOUCH, ¾ EXTENDED SHUFFLE

1,2&3,4 Touch Right Toe Back, Drop Right Heel (taking weight onto right), Step Left foot Together, Step Right foot Back, Touch Left foot Together

5&6&7&8 Make ¼ turn L and step Left foot Forward, Step Right foot Together, Make ¼ turn L and step Left foot Forward, Step Right foot Together, Make ¼ turn L and step Left foot Forward, Step Right foot Together, Step Left foot forward [6 o'clock]

Start Again

Tag: □ At end of walls 3 (back wall), 6 (front wall) & 10 (front wall)

[1-8] □ TOGETHER, SIDE ROCK, RECOVER, ROCK FORWARD, RECOVER, ¼, ½, 1¼ TRIPLE □

&1,2,3,4 Step Right foot Together, Rock Left foot to Left Side, Recover weight onto Right, Rock Left foot Forward, Recover weight onto Right foot

5,6,7&8 Make ¼ turn L and Step Left foot Forward, Make ½ turn L and Step Right foot Back, Make ½ turn L and Step Left foot Forward, Make ½ turn L and Step Right foot Back, Make ¼ L and Step Left foot to Left Side

Restart: During wall 8, the music will start to slow down, follow the beat of the music and dance up to count 14, then do a ½ turn sailor instead of ¼ turn sailor, hold for about 3 counts then step the left foot together on the & count and Restart the dance

Finish: □ Do the first 8 counts of wall 12, then make a ¼ turn R to face the back as you start the Tag from count 1 (Side Rock, Recover,...etc), finish turning to the front.

Contact - Email: brucetau@xtra.co.nz