

# Jody's Rock

COPPER KNOB  
BY STEPHEN HETS

拍数: 48      墙数: 4      级数: Improver  
编舞者: Pablo K (USA) - October 2014  
音乐: The Rock - Ms. Jody : (Album: The Rock)



**Intro:** Start immediately after "Let's Do This" on instrumentals (difficult until dance becomes familiar)

**Option:** You can wait 48 counts and start dancing on the word "wait" (Now wait a minute baby....)

**\*\* This music track is long – about 5:35. A good place to end the dance is somewhere between 3:10 and 3:20.**

## (S1) □ ROCK-RECOVER, ROCK-RECOVER, ROCK-RECOVER, SAILOR SHUFFLE

1-2            Rock L forward, Recover R  
3-4            Rock L back, Recover R  
5-6            Rock L side, Recover R  
7&8           Step L behind right, Step R to side, Step L slightly forward (sailor shuffle)

## (S2) □ SIDE, TOGETHER, SIDE, CROSS, TURN, STEP, SHUFFLE

1-2            Touch R to side, Touch R next to left  
3-4            Touch R to Side, Step R across left  
5-6            Turning ¼ right Step L back, Step R forward (3:00)  
7&8            Step L forward, Step R next to left, Step L forward (shuffle)

## (S3) □ ROCK-RECOVER, SHUFFLE, ROCK-RECOVER, SHUFFLE

&1-2            \*Scuff R next to left, Rock R forward, Recover on L  
3&4            Step R back, Step L next to right, Step R back (shuffle)  
&5-6            \*Rock L back, Touch R heel forward, Recover on R  
7&8            Step L forward, Step R next to left, Step L forward (shuffle) (3:00)

**\*Easier option: Do a simple rock-recover without the "&" count. Change these counts to (1-2) and (5-6)**

## (S4) □ SWIVEL WALK, TAP TURN

**\*Forward swivel walk: (From East Coast Swing) Similar to "The Twist" with small steps moving forward.**

**Swivel hips and feet only. Upper body remains facing straight ahead.**

1-2            Stepping R forward; swivel heels left, Stepping L forward; swivel heels right  
3-4            Stepping R forward; swivel heels left, Stepping L forward; swivel heels to center (wol) □ (3:00)

**\*Tap turn: With all weight on left; slightly raise then drop L heel to turn with a bounce.**

**Add R toe taps to the side with each count.**

**Note: Not a paddle turn...make the turn and touch at the same time. Easy with a little practice!**

5            Turn 1/8 left and Tap R toe to side  
6            Turn 1/8 left and Tap R toe to side □ (12:00)  
7            Turn 1/8 left and Tap R toe to side  
8            Turn 1/8 left and Tap R toe to side □ (9:00)

## (S5) □ STROLL, SCUFF, STROLL, SCUFF

1-3            Step R forward on diagonal, Lock L behind right, Step R forward (Stroll) □ (10:30 diagonal)  
4            Scuff L next to right while turning to left diagonal  
5-7            Step L forward on diagonal, Lock R behind left, Step L forward (Stroll) □ (7:30 diagonal)  
8            Scuff R next to Left

## (S6) □ CROSS, TOUCH, STEP, TOUCH, SHUFFLE, ROCK, RECOVER

1-2            Step R across left, Touch L toe behind right (Hold for step 2 if you prefer)  
3-4            Step L back (returning to 9:00 position), Touch R toe across left (Hold for step 4 if you prefer) (9:00)  
5&6            Step R back, Step L next to right, Step R back (shuffle)  
7-8            Rock back on L, Recover on R □ (9:00)

**REPEAT & HAVE FUN!!!**

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