

Rock & Roll King EZ

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Beginner
编舞者: Lisa McCammon (USA) - December 2014
音乐: Rock and Roll Is King - Electric Light Orchestra : (CD: All Over The World;)



#16 count intro - Clockwise rotation; start weight on RIGHT

Choreographer's note: Don't be put off by the counts—it will take less than a minute to teach the first half of the dance!

Then you can spend some time and focus on the second 32, which has a little more to think about but still is very do-able for beginners.

This can be an easy floor split for Rachael McEnaney's dance Rock & Roll King, or any other dances to this fun track.

[1-8] □ BASIC L, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1-8 Step L to side, step R next to L, step L to side, touch R home; step R to side, touch L home, step L to side, touch R home

[9-16] □ BASIC R, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1-8 Step R to side, step L next to R, step R to side, touch L home; step L to side, touch R home, step R to side, touch L home

[17-24] □ HALF A BOX FORWARD, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1-8 Step L to side, step R home, step L forward, touch R home; step R to side, touch L home, step L to side, touch R home

[25-32] □ HALF A BOX BACK, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1-4 Step R to side, step L home, step R back, touch L home
5-8 Step L to side, touch R home, step R to side, touch L *****TART

[33-40] □ STEP, SLIDE, STEP, TOUCH, STEP, TOUCH, TURN LEFT ¼, TOUCH

1-4 Step forward L, slide R up to L, taking weight, step forward L, touch R home
5-6 Step forward R, touch L home/clap
7-8 Turn left ¼ [9] stepping side L, touch R home/clap

[41-48] □ HEEL, TOES, HEEL, STEP, HEEL, STEP, HEEL, STEP

1-4 Touch R heel forward, touch R toes back, touch R heel forward, step R home
5-8 Touch L heel forward, step L home; touch R heel forward, step R home

[49-56] □ STEP FWD, SLOWLY TURN RIGHT ½

1-8 Step forward onto L; slowly turn right ½ [3] over 8 counts, gradually shifting weight forward onto R

Optional styling: shimmy shoulders or bounce during turn to help keep the time

[57-64] □ LEFT K STEP

1-4 Step L forward to left diagonal, touch R home/clap; step R back to right diagonal, touch L home/clap
5-8 Step L back to left diagonal, touch R home/clap; step R forward to right diagonal, touch L home/clap

**TART during 3rd and 6th repetitions. Weight is on your R, your L is touched home.

1-4 Step L to side, step R to side, step L in, step R next to L; restart from the beginning with the basic L

**OPTIONAL BIG FINISH: the last repetition takes you to 6:00 after your slow half turn, weight on your R.
Modify the K step into step, touches in place turning ½ left as follows:**

1-4 Step L to side, touch R home, turn left ¼ [3] stepping R to side, touch L home

5-6-7 Turn left ¼ [12] stepping L to side, touch R home, step R to side (ta-dah!)

All rights reserved, December 24, 2014. Lisa McCammon, dancinsfun@gmail.com or www.peterlisamcc.com

Last Update - 29th Dec 2014
