

Rockin' My Soul

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Ross Brown (ENG) - July 2015
音乐: Keep on Rockin' Me - Pete Stothard : (Single)



Intro : 48 Counts (Approx. 19 Seconds)

S1: KICK, BALL, STEP. TOE STRUT. ROCKING CHAIR.

1 & 2 Kick right foot forward, step right next to left, step forward with left.
3 – 4 Touch right toe forward, place right heel.
5 – 6 – 7 – 8 Rock forward with left, recover onto right, rock back with left, recover onto right. (12 O'CLOCK)

S2: KICK, BALL, STEP. TOE STRUT. ROCKING CHAIR.

1 & 2 Kick left foot forward, step left next to right, step forward with right.
3 – 4 Touch left toe forward, place left heel.
5 – 6 – 7 – 8 Rock forward with right, recover onto left, rock back with right, recover onto left. (12 O'CLOCK)

S3: WEAVE RIGHT. SIDE ROCK. CROSS, HOLD.

1 – 2 Step right to the right, cross step left behind right.
3 – 4 Step right to the right, cross step left over right.
5 – 6 Rock right to the right, recover onto left.
7 – 8 Cross step right over left, hold for Count 8. (12 O'CLOCK)

S4: WEAVE LEFT. SIDE ROCK ¼ TURN R. STEP FORWARD, HOLD.

1 – 2 Step left to the left, cross step right behind left.
3 – 4 Step left to the left, cross step right over left.
5 – 6 Rock left to the left, make a ¼ turn right recovering onto right.
7 – 8 Step forward with left, hold for Count 8. (3 O'CLOCK)

S5: DIAGONAL STEP, LOCK. STEP, SCUFF. X2.

1 – 2 Step right foot forward to right diagonal, lock left foot behind right.
3 – 4 Step right foot forward to right diagonal, scuff left foot past right.
5 – 6 Step left foot forward to left diagonal, lock right foot behind left.
7 – 8 Step left foot forward to left diagonal, scuff right foot past left. (3 O'CLOCK)

S6: (ON DIAGONALS) STEP FORWARD, TOUCH. BACK, TOUCH. X3.

1 – 2 Step right foot forward to right diagonal, touch left next to right. (Clap hands)
3 – 4 Step left foot back to left diagonal, touch right next to left. (Clap hands)
5 – 6 Step right foot back to right diagonal, touch left next to right. (Clap hands)
7 – 8 Step left foot back to left diagonal, touch right next to left. (Clap hands) (3 O'CLOCK)

END OF DANCE!

Contact: ross-brown@hotmail.co.uk