

Rock & Roll Cowboy

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Leen Hage - October 2015
音乐: Rock and Roll Cowboy by Major Dundee



Intro : 16 counts

(1 - 8) □HEEL/TOE/HEEL SWIVEL to R, HOLD+CLAP, HEEL/TOE/HEEL SWIVEL to L, HOLD+CLAP

1 - 4 R+L swivel heels to right, R+L swivel toes to right, R+L swivel heels to right, Hold+Clap
5 - 8 L+R swivel heels to left, L+R swivel toes to left, L+R swivel heels to left, Hold+Clap

(9-16) □MONTEREY 1/4 RIGHT, MONTEREY 1/4 RIGHT

1 - 4 Point R to right side, turn 1/4 right stepping R next to L, point L to left side, step L next to R (3:00)
5 - 8 Point R to right side, turn 1/4 right stepping R next to L, point L to left side, step L next to R (6:00)

(17-24) □RIGHT MAMBO FORWARD, HOLD, LEFT COASTER-STEP, HOLD

1 - 4 R rock forward, recover weight onto L, step back R, Hold
5 - 8 L step back, step R next to L, step L forward, Hold

(25-32) □STEP 1/4 PIVOT TURN LEFT, CROSS, HOLD, CHASSE LEFT, HOLD

1 - 4 Step forward R, R+L turn 1/4 left, cross R over L, Hold (3:00)
5 - 8 Step L to left side, step R beside L, step L to left side, Hold

***Restart: During wall 3, dance up to count 7, stomp R beside L, start again from count 1, facing 9 o'clock

(33-40) □CROSS ROCK/RECOVER, SIDE ROCK/RECOVER, RIGHT LOCK STEP BACK, HOLD

1 - 4 Cross rock R over L, recover onto L, rock R to right, recover onto L
5 - 8 Step back on R, cross L over R, step back on R, Hold

(41-48) □1/4 LEFT SAILOR STEP, HOLD, STEP 1/4 PIVOT TURN LEFT, CROSS, HOLD

1 - 4 Sweep L behind R with 1/4 turn left, step R next to L, step L next to R, Hold (12:00)
5 - 8 Step forward R, R+L turn 1/4 left, cross R over L, Hold (9:00)

(49-56) □HALF RUMBA BOX FORWARD, HOLD, MAMBO 1/2 TURN RIGHT, HOLD

1 - 4 Step L to left side, step R beside L, step L forward, Hold
5 - 8 Rock R forward, recover weight on L, make 1/2 turn right stepping R forward, Hold (3:00)

(57-64) □Toe-Heel-TOGETHER, HOLD, TOE-HEEL-TOGETHER, HOLD

1 - 4 Touch L toe next to R instep, touch L heel next to R instep, step L next to R, Hold
5 - 8 Touch R toe next to L instep, touch R heel next to L instep, step R next to L, Hold

START AGAIN

***RESTART: During wall 3, dance up to count 31 (count 7 of section 4) stomp R beside L on count 8 and start again.

ENDING: You automatically end facing 12:00.

Dance last wall to count 36 (count 4 of section 5) then R big step to right side. □ □

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