

Rockin' With The Rhythm (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Rob Fowler (ES) - 2010年12月
音乐: Rockin' With the Rhythm of the Rain - The Judds



前奏 : Dance Starts on Vocals 唱歌起跳

第一段 Right Strut, Left Strut, Rock Step, Coaster Step

1,2 Right Toe Forward, Right Heel Down 右足趾前點, 右足踵踏
3,4 Left Toe Forward, Left Heel Down 左足趾前點, 左足踵踏
5,6 Rock forward Right, Recover back on Left 右足前下沉, 左足回復
7&8 Right Coaster Step 右足起跳海岸步(右足後踏, 左足併踏, 右足前踏)

第二段 Left Strut, Right Strut, Rock Step, ¼ Turn Side Chasse

1,2 Left Toe Forward, Left Heel Down 左足趾前點, 左足踵踏
3,4 Right Toe Forward, Right Heel Down 右足趾前點, 右足踵踏
5,6 Rock forward Left, Recover back on Right 左足前下沉, 右足回復
7&8 Make ¼ Turn Left Side Chasse Left
左轉90度左追步(左轉90度左足左踏, 右足併踏, 左足左踏)

第三段 Weave Left, Rock Step, Side Chasse Right

1,2 Cross Right Over Left, Step Left To Left Side
右足於左足前交叉踏, 左足左踏
3,4 Cross Right Behind Left, Step Left To Left Side
右足於左足後交叉踏, 左足左踏
5,6 Rock Right Over Left, Recover Back On Left
右足於左足前交叉下沉, 左足回復
7&8 Right Side Chasse 右追步(右足右踏, 左足併踏, 右足右踏)

第四段 Box Step, Side Rock, Cross Shuffle

1,2 Cross Left Over Right, Step Back Right
左足於右足前交叉踏, 右足後踏
3,4 Step Left To Left Side, Step Forward Right
左足左踏, 右足前踏
5,6 Rock Left To Left Side, Recover To Right
左足左下沉, 右足回復
7&8 Cross Left Over Right, Step Right To Right Side, Cross Left Over Right
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第五段 Switch Steps With Holds

1,2 Touch Right To Right Side, Hold 右足右點, 候
&3,4 Step Right Next To Left, Touch Left To Left Side, Hold
右足併踏, 左足左點, 候
&5,6 Step Left Next To Right, Touch Right Heel Forward, Hold
左足併踏, 右足踵前點, 候
&7,8 Step Right Next To Left, Touch Left Heel Forward, Hold
右足併點, 左足踵前點, 候

第六段 Right Kick Ball Change, Rock Step, 1 ½ Turn Back Right

- &1&2 Step Left Next To Right, Kick Right Forward, Step Right Next To Left, Step On Left 左足併踏, 右足前踢, 右足併踏, 左足踏
- 3,4 Rock Forward Right, Recover Back Left
右足前下沉, 左足回復
- 5,6 Make ½ Turn Right Stepping Forward Right, Make ½ Turn Right Stepping Back Left 右轉180度右足前踏, 右轉180度左足後踏
- 7,8 Make ½ Turn Right Stepping Forward Right, Step Forward Left
右轉180度右足前踏, 左足前踏
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