

Gotta Rock and Roll

COPPER KNOB
STEPSHEETS

拍数: 88 墙数: 4 级数: Beginner
编舞者: Molly Yeoh (MY) - September 2016
音乐: Rock and Roll Music - Bryan Adams



Start from 8 counts of track or start on vocals ...

[1 – 8] R Cross L R shuffle, L cross R, R Shuffle

1 2, 3 4 Rock forward R over L (1 hold 2), recover weight L (3 hold 4)
5 6 7 8 R step to R, Left step beside R, R step R hold(7 hold 8)

[9 -16] L Cross R, L shuffle, R cross, L, L shuffle

1 2, 3 4 Rock forward L over R (1 hold 2), recover weight R (3 hold 4),
5 6 7 8 L step to L, Right step beside L, L step to L hold(7 hold 8)

[17 – 32] Charleston steps (2 sets)

1 2, 3 4 R step fwd (1 hold 2), Left touch or point fwd (3 hold 4)
5 6, 7 8 Step L back (5 hold 6), R touch behind L (7 hold 8)

[1 – 8] (Repeat Charleston steps)

[33 - 48] Right side steps, L side steps with a L ¼ turn

1 2 3 4 R step to R, Left step beside R, R step to R, L step beside R
5 6 7 8 L step to L, Right step beside L, ¼ Left turn L step fwd (7 hold 8)(face 9 o'clock)

1 2 3 4 R step to R, Left step beside R, R step to R, L step beside R
5 6 7 8 L step to L, R step beside R, ¼ left turn, L step fwd (7 hold 8) (face 6 o'clock)

[49 -- 56] R side step together, L side step together

1 2 3 4 R step to R, L step beside R, R step to R, L step beside R
5 6 7 8 L step to L, R step beside L, L step to L, R step beside L

[57 – 64] Toe Strut 8

1 2 3 4 R step fwd on toes (1), step down(2), L step fwd on toes(3), step down(4)
5 6 7 8 R step fwd on toes, step down, L step fwd on toes, step down

[65 – 72] R step fwd, L tap behind, L step back R tap on heel(8 counts)

1 2 3 4 R step fwd(1), Left toe tap behind (2), and L step back(3), R tap fwd on heel(4)
5 6 7 8 R step fwd, Left tap behind, /14 Left turn, L step down, R step beside L

[73 – 80] R step fwd, L tap behind, L step back, R tap on heel (8 counts)

1 2 3 4 R step fwd, L tap behind, L step back R tap on heel
5 6 7 8 R step fwd, Left tap behind, L step down, R heel tap fwd

[81 -- 88] Steps diagonal R & L close R & L

1 2, 3 4 R step fwd diagonal to R (1 hold 2), L step fwd diagonal to L(3 hold 4)
5 6, 7 8 R step back (5 hold 6), and L step beside R(7 hold 8)

Hope you enjoy this easy beginner dance!

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