

I Dig Rock And Roll Music

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Beginner
编舞者: Roger Neff (USA) - November 2018
音乐: I Dig Rock and Roll Music - Peter, Paul & Mary



Alternate Recording with a 16 count intro:

I Dig Rock and Roll Music by Michael Monroe, feat. Noah Hoehn. (Album: Folk Legends).

(This recording has no introduction.) No Tags Or Restarts

Intro: 16 counts. (NO counts in the Peter, Paul & Mary recording.)

[1-8] STOMP RF, KICK LF, COASTER STEP, R SIDE HIP BUMPS, L SIDE HIP BUMPS

1-2,3&4 Stomp RF, Kick LF fwd, Step back on L, Step R beside L, Step fwd on L
5&6,7&8 Step slightly R fwd and bump hip out-in-out, Step slightly L fwd and bump hip out-in-out

[9-16] STEP R FWD, LOCK L, STEP-LOCK-STEP, ROCK FWD, RECOVER, TRIPLE ½ TO L

1-2 Step R fwd, Lock L behind R
3&4 Step R fwd, Lock L behind R, Step fwd on R
5-6,7&8 Rock fwd on L, Recover on R, Triple step L,R,L turning ½ to L

[17-24] REPEAT STEPS 1-8

[25-32] REPEAT STEPS 9-16 [CHANGING COUNTS 7&8 TO ¼ TURN TO L.] (3:00)

[33-40] JAZZ BOX WITH CROSS, 1/8 TURN HIP ROLL TO L X 2

1-2-3-4 Step R over L, Step back on L, Step to R, Step L over R
5-6-7-8 Step to R, Pivot 1/8 to left shifting weight onto L, Step to R, Pivot 1/8 to left shifting weight onto L

[41-48] WEAVE TO L, JAZZ BOX

1-2-3-4 Step R over L, Step to L, Step R behind L, Step to L
5-6-7-8 Step R over L, Step back on L, Step to R, Step fwd on L

[49-56] ROCK R FWD, RECOVER, SHUFFLE BACK, ROCK L BACK, RECOVER, SHUFFLE FORWARD

1-2,3&4 Rock fwd on R, Recover on L, Shuffle back R,L,R
5-6,7&8 Rock back on L, Recover on R, Shuffle forward L,R,L

[57-64] ¼ TURN TO L X 2, ROCKING CHAIR

1-2-3-4 Step forward R, Pivot ¼ to left shifting weight onto L, Step forward R, Pivot ¼ to left shifting weight onto L
5-6-7-8 Rock fwd on R, Recover on L, Rock back on R, Recover on L

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