

Rock and Stomp

COPPER KNOB
STEPSHEETS

拍数: 104 墙数: 2 级数: Phrased High Intermediate
编舞者: Adriano Castagnoli (IT) - April 2019
音乐: "In The Middle Of All That Trouble Again" by Albert Douglas Meakin



Sequence: AAB AAB AAB* A

PART A

ROCKING CHAIR FORWARD RIGHT, CROSS, STEPS BACK, CROSS

1-2 Rock Forward On Right, Return Onto Left
3-4 Rock Back On Right, Return Onto Left
5-6 Cross Right Over Left, Step Left Diagonally Back To Left
7-8 Step Right Back, Cross Left Over Right

ROCK RIGHT, KICK, CROSS, ROCK BACK LEFT, STOMP LEFT (TWICE)

1-2 Rock On Right Diagonally Back To Right, Return Onto Left Stepping Back
3-4 Kick Right Forward, Cross Right Over Left
5-6 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
7-8 Stomp Up Left Beside Right, Stomp Left Forward

DOUBLE HEEL SWIVELS LEFT, POINT LEFT, BACK, KICK, HOOK

1-2 Swivel Both Heels To Left Side, Return Both Heels To Centre
3-4 Repeat 1-2
5-6 Point Left Toe To Left Side, Step Left Back
7-8 Kick Right Forward, Hook Right Over Left

2 KICKS (RIGHT, LEFT), JUMPING CROSS, KICK, CROSS, STEP, ROCK BACK LEFT

1-2 Kick Right Forward, Step Right On Place And Kick Left Forward
3-4 Jumping Cross Left Over Right, Step Right Back And Kick Left Forward
5-6 Jumping Cross Left Over Right, Step Right A Little Back
7-8 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right

GRAPEVINE LEFT, SCUFF, ROCK FORWARD RIGHT, STEP RIGHT BACK, HOLD

1-2 Step Left To Left Side, Cross Right Behind Left
3-4 Step Left To Left Side, Scuff Right Beside Left
5-6 Rock Forward On Right, Return Onto Left
7-8 Step Right Back, Hold

TURN 1/2 AND ROCK FORWARD LEFT, TURN 1/2 LEFT, STOMP UP, ROCK BACK RIGHT, STOMP RIGHT (TWICE)

1-2 Turn 1/2 Left On Right And Rock Forward On Left, Return Onto Right (06:00)
3-4 Turn 1/2 Left On Right And Step Left Forward, Stomp Up Right Beside Left (12:00)
5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left
7-8 Stomp Right Beside Left (Twice)

SWIVEL RIGHT FOOT (TOE, HEEL, TOE), SCUFF, VAUDEVILLE RIGHT

1-2 Swivel Right Foot To Right Side (Toe, Heel)
3-4 Swivel Right Toe To Right Side, Scuff Left Beside Right
5-6 Cross Left Over Right, Step Right Diagonally Back To Right
7-8 Touch Left Heel Diagonally Forward To Left, Step Left On Place (Weight On It)

KICK, REVERSE PIVOT 1/2 TURN RIGHT, HOLD, COASTER STEP LEFT, SCUFF

1-2 Kick Right Forward, Touch Right Toe Back

- 3-4 Pivot 1/2 Turn Right And Drop Heel Taking Weight, Hold (06:00)
- 5-6 Step Left Back, Step Right Beside Left
- 7-8 Step Left Forward, Scuff Right Beside Left

PART B: first 4 sections repeat twice, while for last B (3rd B) not performed the 5th section*

[S01] STOMP RIGHT, HOLD, STOMP LEFT, HOLD, ROCK BACK, STOMP, HOLD

- 1-2 Stomp Right To Right Side, Hold (12:00)
- 3-4 Stomp Left To Left Side, Hold
- 5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left
- 7-8 Stomp Right Beside Left, Hold

[S02] KICK, REVERSE PIVOT 1/2 TURN RIGHT, HOLD, ROCK BACK, STOMP, HOLD

- 1-2 Kick Right Forward, Touch Right Toe Back
- 3-4 Pivot 1/2 Turn Right And Drop Heel Taking Weight, Hold (06:00)
- 5-6 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
- 7-8 Stomp Left Beside Right, Hold

[S03] STOMP LEFT, HOLD, STOMP RIGHT, HOLD, ROCK BACK, STOMP LEFT, HOLD

- 1-2 Stomp Left To Left Side, Hold
- 3-4 Stomp Right To Right Side, Hold
- 5-6 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
- 7-8 Stomp Left Beside Right, Hold

[S04] KICK, REVERSE PIVOT 1/2 TURN LEFT, HOLD, ROCK BACK, STOMP, HOLD

- 1-2 Kick Left Forward, Touch Left Toe Back
- 3-4 Pivot 1/2 Turn Left And Drop Heel Taking Weight, Hold (12:00)
- 5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left
- 7-8 Stomp Right Beside Left, Hold

***[S05] TOE SWITCHES (LEAD RIGHT), APPLE JACKS (LEFT, RIGHT)**

- 1-2 Touch Right Toe Forward, Step Right Beside Left
 - 3-4 Touch Left Toe Forward, Step Left Beside Right
 - 5-6 Weight On Left Heel & Right Toe Swivel Left Toe & Right Heel To Left, Return Feet To Centre
 - 7-8 Weight On Right Heel & Left Toe Swivel Right Toe & Left Heel To Right, Return Feet To Centre
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