

Rock Out!

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Beginner
编舞者: Pat Newell (USA) - August 2019
音乐: Keep on Rockin' Me - Pete Stothard



#48 in

Learning: Triple rock recover to ¼ turns, toe struts fwd and back, kick steps, ¼ pivots

TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT, ROC REC TO ¼ RIGHT 3:00

1-2 3&4 Triple R, L, R, rock back on L, recover on R
5-6 7&8 Triple L, R, L, rock back on R, recover to ¼ wall right 3:00

TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT, ROC REC TO ¼ RIGHT 6:00

1-2 3&4 Triple R, L, R, rock back on L, recover on R
5-6 7&8 Triple L, R, L, rock back on R, recover to ¼ wall right 6:00

TOE STRUTS FORWARD

1-4 Step R toe fwd, step down on R, (toe strut), step L toe fwd, step down on L
5-8 Step R toe fwd, step down on R, step L toe fwd, step down on L

TOE STRUTS BACK

1-4 Step R toe back, step down on R, step L toe back, step down on L
5-8 Step R toe back, step down on R, step L toe back, step down on L

KICK RIGHT TO RIGHT, STEP RIGHT BEHIND LEFT, STEP LEFT TO LEFT, CROSS RIGHT OVER LEFT KICK LEFT TO LEFT, STEP LEFT BEHIND RIGHT, STEP RIGHT TO RIGHT, CROSS LEFT

1-4 Kick R diag R, step R behind L, step L to L, cross R over L
5-8 Kick L diag L, step L behind R, step R to R, cross L over R

PIVOT LEFT ¼, PIVOT LEFT ¼, PIVOT LEFT ¼, PIVOT LEFT ¼ * Raise hands in air and fan them around

1-4 Step R fwd, turn ¼ L on L, step R fwd turn ¼ L on L
5-8 Step R fwd, turn ¼ L on L, step R fwd turn ¼ L on L 6:00

DANCE FOR THE HEALTH OF IT
