

Rocka My Soul

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Helen Woods (USA) - September 2020
音乐: Rocka My Soul In the Bosom of Abraham - Alvin Ailey : (Album: Revelations - 2:32)



Step sheet prepared by Harry Woods

#32 count intro after 3 quick beat lead-in, support on left

SECTION 1: ROCK RECOVER, SIDE ROCK RECOVER, BACK ROCK RECOVER, SIDE TRIPLE

1-2 Rock right forward, recover left
3-4 Rock right to side, recover left
5-6 Rock right back, recover left
7&8 Step right to side, step left beside right, step right to side

SECTION 2: ROCK RECOVER, SIDE ROCK RECOVER, BACK ROCK RECOVER (TURN ¼), BACK TRIPLE

1-2 Rock left forward, recover right
3-4 Rock left to side, recover right
5-6 Rock left back, recover right then turn ¼ right
7&8 Step left back, step right beside left, step left back

SECTION 3: BACK ROCK RECOVER, HALF TURNING TRIPLE, BACK ROCK RECOVER, HALF TURNING TRIPLE

1-2 Rock right back, recover left then turn ¼ left
3&4 Step right to side, step left beside right then turn ¼ left, step right back
5-6 Rock left back, recover right then turn ¼ right
7&8 Step left to side, step right beside left then turn ¼ right, step left back

SECTION 4: BACK ROCK RECOVER, ROCK RECOVER, BACK ROCK RECOVER, BACK ROCK RECOVER

1-2 Rock right back, recover left
3-4 Rock right forward, recover left
5-6 Rock right back snapping fingers, recover left
7-8 Rock right back snapping fingers, recover left

REPEAT

TAG: Add the following section after both the 2nd and 4th rotations

SECTION 1: CLAP CLAP CLAP

1&2 Clap hands, clap hands, clap hands