

Rock Around You

COPPER **KNOB**
BY STEPHEN METZ

拍数: 24 墙数: 4 级数: Improver
编舞者: Sam Lucia (INA) - October 2020
音乐: Rock Around the Clock - Bill Haley & The Comets



Start = 34 counts (approx. 12 seconds)

SEC. 1: Point R, kick ball tap, hip bumps, sailor step forward (¼ turn)

1 & 2 RF touch to side, RF touch together, RK touch to side

3 & 4 RF kick forward on left diagonal (10:30)

(LF point forward with sitting position, weight on RF)

5 & 6 Hip bumps down and up

7 & 8 LF behind RF, RF together, LF forward (weight on LF)

SEC. 2: Knee pops, hips roll, step RF forward - pivot ½, run, run

1 - 2 RF together LF and knee pops down up

3 & 4 Hips roll counterclockwise (L to R)

5 - 6 RF forward, ½ turn L weight on LF

7 & 8 Run R - L - R

SEC. 3: Step LF forward - pivot ½, run, run, syncopated weave, unwind ½ L.

1 - 2 LF forward ½ turn R.

3 & 4 Run L - R - L.

5 & 6& RF cross of LF, LF to left side, RF back behind LF to left side

7 - 8 RF cross, ½ turn L.

Ending = facing 12.00