

My Own Way to Rock

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Sonja Hemmes (USA) - January 2021
音乐: My Own Way to Rock - Burton Cummings : (Album: My Own Way to Rock)



Start 64 counts in

ROCK FORWARD, TOE STRUTS BACK, ROCK BACK

1-4 Rock right forward, step on left, step right toe back, drop heel
5-8 Step left toe back, drop heel, rock right back, step on left

HEEL STRUTS TURNING 1/4 RIGHT

1-4 Step right heel forward, drop right toe, step left heel forward, drop left toe
5-8 Step right heel forward turn 1/4 right, drop right toe, left heel forward, drop left toe

PIVOT 1/2 LEFT, LOCK STEP FORWARD

1-4 Step right forward, pivot 1/4 left, step right forward, pivot 1/4 left
5-8 Step right forward, step left forward behind right, step right forward, hold

PIVOT 1/2 RIGHT LOCK STEP FORWARD

1-4 Step left forward, pivot 1/4 right, step left forward, pivot 1/4 right
5-8 Step left forward, step right forward behind left, step left forward, hold

HEEL, HEEL, BEHIND SIDE CROSS

1-4 Tap right heel, hold, tap right heel, hold
5-8 Step right behind left, step left to left side, step right in front on left, hold

POINT, KICK, COASTER BACK

1-4 Point left to left side, hold, kick left forward, hold
5-8 Step left back, step right back next to left, step left forward, hold

TOE STRUT JAZZ BOX

1-4 Step right toe forward, drop heel, step left toe back, drop heel
5-8 Step right toe to right side, drop heel, step left toe next to right, drop heel

ROCK AND CROSS

1-4 Rock right to right side, step on left, step right in front of left, hold
5-8 Rock left to left side, step on right, step left in front of right, hold

RESTART: In the 7th rotation after 48 counts you will be facing the 9:00 wall, restart the dance