

Rock & Roll Found Me

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sandra Moschel (FR) - 26 April 2021
音乐: Rock & Roll Found Me - Eric Church



Procedure: 24-32-24-32-16-24-32-24-32-24-24-24-32-16-32-32

[1-8] Step fwd (R and L) - Shuffle fwd - Rock back - Kick ball change

1-2 RF forward - LF forward
3 & 4 RF forward - left next to right - RF forward
5-6 LF backwards with support - Back, presses right
7 & 8 Kick Ball Change

[9-16] Step fwd - ½ turn (R) - Hook- Shuffle fwd - Side shuffle - Rock back

1-2 left forward - ½ turn right - cross right over left
3 & 4 RF forward - left next to right - RF forward
5 & 6 LF to left - RF next to LF - LF to left
7-8 RF backward with support - Back support left

[17-24] Side step - Hold - Behind side cross - Heel ball cross - Bounces - Bounces ¼ turn (R)

1-2 RF right - Pause
3 & 4 Step left behind right - Step right to right - Step left over right
5 & 6 Heel ball cross
7-8 Lift the 2 heels - Refit - Lift the 2 heels with ¼ turn right - Refit

[25-32] Side rock - Behind side cross - Step back - Together - Shuffle fwd

1-2 RF to the right with support - Back to press left
3 & 4 RF behind left - step left to left - step right over left
5-6 Left back - Right next to left
7 & 8 LF forward - RF next to LF - LF forward

Final: Step ½ turn to finish at 12:00
