

Rockin' Pneumonia AB EZPZ

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Mitzi Day (USA) - March 2022
音乐: Rockin' Pneumonia and the Boogie Woogie Flu - Johnny Rivers



Dance starts on lyrics. Enjoy the music in the intro

WALK WALK, OUT , OUT, RIGHT HEEL TWIST, LEFT HEEL TWIST

- 1-2 Walk forward right, left.
- 3-4 Step right to right side, step left to left side
- 5-6 Put most of your weight on left foot, Twist right heel in then back to original position
- 7-8 Put most of your weight on right foot, Twist left heel in then back to original position

WALK BACK, OUT, OUT, HEEL TWIST, HEEL TWIST

- 1-2 Walk back right, left.
- 3-4 step right foot out to side then step left foot out to side
- 5-6 Put most of your weight on left foot and twist right heel in then put right heel to original position
- 7-8 Put most of your weight on right foot , twist left heel in then back to original position

V STEP TWICE

- 1-2 Step right foot forward right diagonal, step left foot diagonal left
- 3-4 Step right foot diagonal back to home, step left foot beside it
- 5-6-7-8 repeat

STOMP THEN HEEL TOE WALKS, TURN 1/4 LEFT THEN STOMP THEN HEEL TOE WALKS IN

- 1 Stomp right foot diagonal right putting weight on it
- 2-3-4- keeping weight on right foot place left heel in then move right ball of foot in, then heel in
- 5 Turn 1/4 left (9:00) and stomp left foot
- 6-7-8 keep weight on left foot and bring right heel in then right ball of foot in then right heel in.(9:00)