

My Rock

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Helaine Norman (USA) - February 2023
音乐: I Go to the Rock - Scooter Lee



Intro: Vocal - No tags or restarts

I. K-STEP

1-2 Step R diagonally, touch L together
3-4 Return L back diagonally, touch R together
5-6 Step R back diagonally, touch L together
5-8 Return L diagonally forward, touch R together

II. ROCKING CHAIR; SIDE, TOUCH, SIDE TOUCH

1-2 Rock R forward, recover to L
3-4 Rock R back, recover to L
5-6 Step R side, touch L together
7-8 Step L side, touch R together

III. ROCKING CHAIR; SIDE, TOUCH, SIDE TOUCH

1-2 Rock R forward, recover to L
3-4 Rock R back, recover to L
5-6 Step R side, touch L together
7-8 Step L side, touch R together

IV. JAZZ BOX ¼ R TURN

1-2 Step R over, hold
3-4 Step L back, hold
5-6 Step R side making ¼ turn right, hold
7-8 Step L together, hold

Optional 1-8: Jazz box 1/4 L turn (3:00); jazz box in place

Optional styling: TOE STRUTS: Touch toe and drop heel in place of each step, hold

REPEAT

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