

Rocking My Blues to Sleep

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Pia Rossen (DK) - August 2023
音乐: Rockin' My Blues to Sleep - Johnny Nicholas



Intro: 16 count, weight on L foot.

There is a 4 count TAG after wall 4 and wall 8 see below. *

(1-8) VINE R, SCUFF, L CROSS ROCK x2

1-2 step R to R side (2), cross L behind R (2)
3-4 step R to R side (3), scuff L fwd (4)
5-6 cross L over R (5), recover onto R (6)
7-8 cross L over R (7), recover onto R (8)

(9-16) ROLLING VINE L, SCUFF R, ROCKING CHAIR (diagonal)

1-2 turn 1/4 L stepping L fwd (1), turn 1/2 L stepping R back (2)
3-4 turn 3/8 L (10.30) stepping L to L side (3), scuff R fwd (4)

(easy option: vine L)

5-6 step R fwd (5) recover onto L (diagonal) (6)
7-8 step R back (7), recover onto L (diagonal) (8)

(17-24) R HEEL GRIND TURNING 1/8 R, STEP L TO L SIDE, SAILORSTEP, WEAVE

1-2 step fwd on R heel (1) grind 1/8 R back to 12.00 , stepping L to L side (
3&4 cross R behind L (3), step L fwd and out (&), step R fwd and out (4)
5-6 cross L over R (5), step R to R side (6)
7-8 cross L behind R (7), step R to R side (8)

(25-32) CROSS L OVER R, TURN 1/2 R BOUNCHING BOTH HEELS x3, BACK ROCK, HEEL BALL CROSS

1&2&3&4 cross L over R weight on both feet (1), lift heels up (&), lower heels to the floor (2), lift heels (&), lower heels (3), lift heels up (&), lower heels to the floor (4) while turning 1/2 R
5-6 step back on R (5), recover onto L (6)
7&8 dig R heel fwd (7), step R next to L (&), cross L slightly over R (8)

Start again

* TAG: after wall 4 and wall 8

(1-4) STEP TURN 1/2 L x 2 (easy option: v step)

1-2 step R fwd (1), turn 1/2 L (2)
3-4 step R fwd (3) turn 1/2 L (4)

ENDING: wall 15 is the last wall (12-00) Dance 25 count.

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Last Update: 22 Aug 2024