

Rocking My Blues to Sleep

COPPERKNOB
BY STEPHEN

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

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

1-2 turn 1/4 L stepping L fwd, turn 1/2 L stepping R back
3-4 turn 3/8 L (10.30)stepping L to L side, scuff R fwd
(easy option: vine L)
5-6 step R fwd recover onto L (diagonal)
7-8 step R back, recover onto L (diagonal)

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

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

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

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

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

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