

Don't Rock the Boat

COPPER KNOB
STEPSHEETS

拍数: 59 墙数: 4 级数: Phrased Easy Intermediate
编舞者: Jean Gromacki (USA) - January 2024
音乐: Rock the Boat - The Hues Corporation



Sequence AA, B, AA, B, AAA
Intro 16 counts

PART A – 40 counts start with lyrics

S1[1-8] RIGHT ROCK, BEHIND SIDE CROSS, LEFT ROCK, BEHIND SIDE CROSS

1-4 Right side step, recover left, right behind step, left side step, right cross over left
5-8 Left side step, recover right, left behind step, right side step, left cross over right

S2[1-8] FORWARD ROCK, ½ TURN SHUFFLE BACK, BACK ROCK, ½ TURN SHUFFLE FORWARD

1-4 Right Forward rock, recover left, ½ turn shuffle to back
5-8 Left Back rock, recover right, ½ turn shuffle forward

S3[1-8] JUMP HEEL STEP, JUMP, HEEL STEP, SWEEP BACK (4X)

&,1,2,&,3,4 Right Jump, left heel, right step, Left jump, right heel, left step
5-8 Right sweep back step, left sweep back step, right sweep back step, left sweep back step

S4 [1-8] SWAY, SWAY, SHUFFLE, SWAY SWAY SHUFFLE

1-4 Sway hips right, sway hips left, triple side step right,
5-8 Sway hips left, sway hips right, triple side step left

S5 [1-8] KICK BALL CHANGE, ¼ TURN, KICK BALL CHANGE, KNEE POPS BACK

1&2, 3&4 Kick right, step right, step left, ¼ turn Kick right, step right, step left
5-8 Step back right, pop left knee, step back left, pop right knee, Step back right, pop left knee,
step back left, pop right knee,

PART B - 19 COUNTS

S1 [1-8] CROSS MAMBO, CROSS MAMBO, STEP HITCH, STEP HITCH

1&2,3&4 Cross step right over left, recover left, step right, cross step left over right, recover right, step
left
5-8 Step right, hitch left knee, Step left, hitch right knee

S2 [1-11] SAILER, SAILER, POINT POINT, STEP HEEL STEP TOE, STEP POINT POINT, STEP HEEL

1&2, 3&4 Sweep right back step, step left side, recover right, sweep left back step, step right side,
recover left
5,6, &,7,&,8 Point right forward, point right side, step right, left heel, step left, right toe,
&,1, 2,&,3 step right, point left forward, point left side, step left, right heel