

Old Time Rock N Roll

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver cha cha
编舞者: Betty McNeill (UK)
音乐: Old Time Rock & Roll - Bob Seger



STEPS FORWARD AND BACK, COASTER STEP, 2 WALKS

1-2-3 Step forward on right, left, step back on right
4&5 Step back on left, right, step forward on left
6-7 Step forward on right, left

½ MONTEREY TURN, RIGHT SHUFFLE, ROCK FORWARD AND BACK

8 Touch right foot to right side
1-2-3 Keeping weight on left foot turn ½ right stepping down on right foot, touch left foot to left side, step left foot together
4&5 Shuffle forward right, left, right
6-7 Rock forward onto left, replace weight back onto right

½ TRIPLE TURNING LEFT, TOE STRUTS RIGHT AND LEFT, ROCK BACK AND REPLACE

8&1 Triple step in place on left, right, left making a ½ to left
2-5 Toe strut right, left
6-7 Rock back on right foot, replace onto left foot

STEP AND PIVOT ½ LEFT, KICK BALL CHANGE RIGHT, SIDE ROCK, SYNCOPATED WEAVE WITH ¼ TURN LEFT

8-1 Step forward onto right, pivot ½ to left
2&3 Kick right foot forward, step onto right, step onto left
4-5 Rock right foot to right side
6&7& Step right foot behind left, step left foot to left side, step right foot across in front of left, step left foot to left side
8& Step right foot behind left, turning ¼ turn to left step left foot forward

REPEAT
