

The Rock & Roll Waltz

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate/Advanced waltz
编舞者: Max Perry (USA)
音乐: Rock & Roll Waltz - Scooter Lee



SECTION A1

- 1-6 Step forward with left foot, step right next to left, step in place with left, step forward right, step left next to right, step in place with right (2-hesitation steps)
- 7-12 Step back with left foot, step right next to left, step in place with left, step back with right foot, step left next to right, step in place with right (2-backward hesitation steps)
- 13-18 Cross left foot over right, step with ball of right foot to right side, step in place with the left foot cross right foot over left, step with ball of left foot to left side, step in place with right foot

These are similar to crossing triples/serpentine/progressive twinkles

- 19-24 Cross left foot over right, step with ball of right foot to right side, step in place with left foot, cross right foot over left foot, unwind (turn) ½ left ending up with weight on right

Feet end up slightly apart

SECTION A2

- 25-27 Rolling full left (3 step turn)- turn ¼ left & step forward with left foot, turn ½ left as you step back on right foot, turn ¼ left as you step side with left foot

End facing front wall (12:00)

- 28-30 Cross right foot over left foot and rock forward, step in place with left foot, step right foot to right side
- 31-36 Box turning-step forward on left foot & turn ¼ left (to next wall(9:00), step right foot to right side, step left foot next to right foot. Step back with right foot & turn ¼ left (6:00), step to left side with left foot, step right foot next to left foot

The "box turning" is just a plain left box turn-forward, side, together, back, side, together-turning ¼ left over steps 1-3, and ¼ left over steps 4-6 for a total of ½ turn left

- 37-42 Repeat the entire section a2-rolling vine, cross over & rock
- 43-48 Turning box
- 49-96 Repeat counts 1-48

SECTION B1

"...ONE, TWO AND LET'S ROCK.."

- 1-2&-3 Step forward with left foot, step forward with right foot, step to left side with left (small step on count "&"), step to right side with right foot (small step on count "3")

Feet should now be a shoulder length apart

- 4-6 Move hips left, right, left. (weight should be on left foot)

- 7-8&9 Step forward with right foot, step forward with left foot, right step to right (&), left step to left

Feet again are shoulder width apart, weight should be on your left foot

- 10-12 Right step ¼ turn right, weight on right pivot ¼ turn right stepping on left, right step next to left
- Should have done a ½ turn right to face 6:00**

SECTION B2

- 13-14&15 Left step forward, right step forward, left step to left (&), right step to right

Feet are shoulder width apart, weight on both feet

16-18 Shoot forward three times, shifting weight to left on the third scoot

19-20&21 Right step forward, left step forward, right step to right (&), left step to left
Feet again are shoulder width apart weight is on left foot

22-24 Right step $\frac{1}{4}$ turn right, weight on right pivot $\frac{1}{4}$ turn right stepping on left, right step next to left
Should have done a $\frac{1}{2}$ turn right to face 12:00

SECTION B3

25-27* Cross left foot over right & rock step forward, step right in place, step left to left side
Body turns slightly to right $\frac{1}{8}$ or 45 degrees as you rock step. AKA cross-over rock

28-30* Cross right foot over left & rock step forward, step left in place, step right to right side
Body turns slightly to left $\frac{1}{8}$ or 45 degrees as you rock step. AKA cross-over rock

31-33 Left step forward & hold for counts 2-3 or tap left heel twice on 2-3

34-36 Right step forward & hold for counts 5-6 or tap right heel twice on 5-6

37-42 Left box turn- step forward with left foot & turn $\frac{1}{4}$ left, step to right side with right, step left next to right, step back with right foot & turn $\frac{1}{4}$ left, step to left side with left, step right next to left. (this is a box step with a total of $\frac{1}{2}$ turn left over counts 1-6)

43-48 Left box turn-same as above

The 2 boxes have taken 4 measures (4 x 1-3) and will have you facing the same wall your started on. For team routine, this is an excellent spot to modify the amount of turn to enable you to face whichever direction you need to for a performance. All you would have to do is to not turn on certain measures or to over turn parts of the box comfortably each measure of a box can turn from $\frac{1}{8}$ to $\frac{1}{2}$

After a 4 measure intro (4 x 1-3 or 12 counts) you should dance the sections in this order

ALL SECTION A

ALL SECTION A

ALL SECTION B

ALL SECTION B

ALL SECTION A

ALL SECTION B

I just divided the sections to make them easier to teach. Think of sections A1 & A2 as just "A", and sections B1, B2, B3 as just "B"

As an extra pose, you could take a side step to the left with the left foot upon completion of all the sections to pose on one last beat of music at the end of the song.
