

Rock 4 Old Times

COPPER KNOB
BY STEPHEN T. HARRIS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jo Conroy (UK)
音乐: Old Time Rock & Roll - Bob Seger



RIGHT SIDE SHUFFLE, LEFT BACK ROCK, LEFT SIDE SHUFFLE RIGHT BACK ROCK

1&2 Shuffle right right-left-right
3-4 Rock left behind right, recover on to right
5&6 Shuffle left left-right-left
7-8 Rock right behind left, recover on to right

SHUFFLE ½ TURN LEFT ROCK BACK RECOVER, SHUFFLE HALF TURN RIGHT ROCK BACK, RECOVER

1&2 Make a half turn left & shuffle right-left-right
3-4 Rock back on left recover on to right
5&6 Make a half turn right & shuffle left-right-left
7-8 Rock back on right recover on to left

SWITCH & SWITCH & WALK RIGHT LEFT TWICE

1&2 Touch right toe forward, step weight on to right foot, touch left toe forward
&3-4 Step weight on to left, walk right left
5&6 Repeat 1&2
&7-8 Repeat &3-4

MONTEREY ¼ TURN RIGHT, SWITCHES ½ TURN LEFT

1-2 Point right toe to right side, ¼ turn right stepping right next to left
3-4 Point left toe to left side, step left next to right (weight on left)
5&6 Touch right heel forward & step right next to left, make ¼ turn left & touch left heel forward
&7 Step weight on to left & touch right heel forward
&8 Step weight on to right, ¼ turn left touching left heel forward
& Bring weight on to left

REPEAT
