

Rock Me Baby

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner polka
编舞者: Kelli Haugen (NOR)
音乐: Rock My Baby - Shenandoah



ROCK, RECOVER, SAILOR, ROCK, RECOVER, COASTER

1-2-3&4 Rock right foot to right, recover left, cross right behind left, step left to left, step forward right
5-6-7&8 Rock forward on left, recover right, step left foot back, step right foot next to left, step left foot forward

SHUFFLE, STEP, ½ TURN, TOE TOUCHES, HEEL SWITCHES

1&2-3-4 Shuffle forward right, left, right, step forward left, ½ turn right on right
5&6&7&8& Touch left toe to left, step left next to right, touch right toe to right, step right next to left, touch left heel forward, step left next to right, touch right heel forward, step right next to left

SHUFFLE, STEP, ¼ TURN, SHUFFLE, STEP, ½ TURN

1&2-3-4 Shuffle forward left, right, left, step forward right, ¼ turn left on left
5&6-7-8 Shuffle forward right, left, right, step forward left, ½ turn right on right

TOUCH, STEP, ½ MONTEREY TURN, TOGETHER, TOUCH, STOMP

1-2-3-4 Touch left toe to left, step left next to right, touch right toe to right, ½ turn right on left foot and step right next to left
5-6-7-8 Touch left toe to left, touch left toe next to right, touch left toe to left, stomp left foot next to right

REPEAT
