

Rockin' Good Way

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Improver
编舞者: Anne Harris (UK)
音乐: A Rockin Good Way - Brook Benton



RIGHT SYNCOPATED VINE; LEFT SAILOR; RIGHT SAILOR

1-2 Right step to right side, left cross behind right
&3 Right step to right side, left cross over right
4 Right step to right side
5&6 Left step behind right, right step to right side, left step slightly forward
7&8 Right step behind left, left step to left side, right step slightly forward

LEFT SYNCOPATED VINE; RIGHT SAILOR; LEFT SAILOR

1-2 Left step to left side, right cross behind left
&3 Left step to left side, right cross over left
4 Left step to left side
5&6 Right step behind right, left step to right side, right step slightly forward
7&8 Left step behind left, right step to left side, left step slightly forward

RIGHT KICK BALL STEP TWICE: STEP ¼ PIVOT TWICE

1&2 Kick right foot forward, small step back on right, step forward on to left
3&4 Kick right foot forward, small step back on right, step forward on to left
5-6 Right step forward, roll hips to the left while making ¼ turn left
7-8 Right step forward, roll hips to the left while making ¼ turn left

RIGHT ROCK; RECOVER; RIGHT ½ TURN SHUFFLE; STEP; ¼ PIVOT; HEEL SWITCHES

1-2 Rock forward on to right, recover weight back on to left
3&4 Turning over right shoulder make ½ turn and shuffle forward right, left, right
5-6 Left step forward, turning right make ¼ turn (weight on right)
7&8 Touch left heel forward, close left beside right, touch right heel forward

RIGHT SHIMMY TWICE

1 Right step to right side
2-3-4 Slowly bring left to touch beside right while gently shimmying shoulders
5-8 Repeat

LEFT VINE; ½ PIVOT TWICE (OR ROCKING CHAIR)

1-2 Left step to left side, right cross behind left
3-4 Left step to left side, right touch beside left
5-6 Right step forward, turning left make ½ turn (weight on left)
7-8 Right step forward, turning left make ½ turn (weight on left)

Easier alt: right rock forward, recover weight back on to left, right rock back, recover weight forward on to left

REPEAT

RESTART

Restart after count 32 on walls 3, 5, and 7

ENDING

Start from the beginning and as you do the right sailor make ¼ turn right to end up facing front.