

Rockin' Pneumonia

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Rockin' Pneumonia - Ronnie McDowell



HEEL, TOE WITH ¼ LEFT TURN, REPEAT, WALK RIGHT 3, HOOK

- 1 Touch right heel forward with right toe turned slightly out.
- 2 Turning ¼ left on ball of left foot turn right knee in and touch right toe to floor.
- 3-4 Repeat above 2 counts to end facing back.
- 5-7 Turn body slightly right walk right, left, right toward right side.
- 8 Turning body slightly left, hook left foot across front of right shin.

FRONT CROSSING TRIPLES LEFT & RIGHT, STEP, KICK, CROSS, UNWIND

- 1 Step left across in front of right facing the wall that is ¼ right from original.
- & Step right to right side with weight only on ball of the foot turning body slightly left.
- 2 Step left in place (slightly forward.)
- 3 Step right across in front of left returning body to the center.
- & Step left to left side with weight only on ball of the foot turning body slightly right.
- 4 Step right in place (slightly forward.)
- 5-6 Step left across in front of right, kick right to right side
- 7-8 Cross ball of right over left, unwind left ½ to end with feet apart weight on both feet

BODY ROLL, REACH-PULL TWICE, ¼ TURN RIGHT, 2 ELVIS KNEES

- 1-2 2 count body roll from knees up, start by bending both knees and rolling up.
- 3 Touch right toe back at the same time reach forward with both hands (at waist height, palms down).
- 4 Pull both hands in to hips, pressing hips forward, leaning shoulders slightly back so that ball of right is bearing some weight.
- & Bring left foot back to meet right taking weight on left foot and returning shoulders to center,
- 5 Touch right toe back at the same time reach forward with both hands (at waist height, palms down).
- 6 Pull both hands in to hips pressing hips forward, leaning shoulders slightly back so that ball of right is bearing some weight.
- 7 Turn ¼ right shifting weight to right foot turning left knee in Elvis style.
- 8 Switch to right knee in Elvis style (weight is now on left foot),

CROSS BACK, UNWIND, KICK, BALL CHANGE, SAILOR & DRAG, 2 STOMPS

- 1-2 Cross ball of right behind left, unwind right ½ shifting weight to right foot
- 3&4 Kick left across in front of right, step ball of left to left side, replace weight to right foot
- 5& Step left behind right, step ball of right to right side
- 6 Large step left to left side.
- 7 Hold while dragging right foot in toward left foot.
- &8 Stomp right next to left twice with no weight change.

REPEAT