

Rockin' This Christmas

COPPER KNOB
BY STEPHEN

拍数: 36 墙数: 4 级数: Intermediate
编舞者: Barry W. Muniz (USA)
音乐: Rockin' This Christmas - The Tractors



HEEL AND TOE TOUCHES

- 1-2 Touch right heel forward twice
- 3-4 Touch right toe back twice
- 5-6 Touch right heel forward; touch right toe back
- 7-8 Touch right toe to the right; touch right toe beside left instep.

SUGARFOOT STEPS WITH FOOT SWIVELS, HIP BUMP

- 9 Turning right foot outward, touch right heel beside left foot while swiveling left toe to the right
- 10 Turning right foot inward, touch right toe beside left foot while swiveling left heel to the right
- 11 Turning right foot outward, touch right toe beside left foot while swiveling left toe to the right
- 12 Turning right foot inward, touch right foot beside left foot while swiveling left heel to the right
- &13 Bump hips to the left; bump hips to the right
- &14 Bump hips to the left; bump hips to the right
- &15 Bump hips to the left; bump hips to the right
- &16 Bump hips to the left; bump hips to the right.

KNEE ROLLS WITH TURN, KICK, TOUCHES

Make a slow ¼ turn left with the knee rolls

- 17& Roll right knee in front of left; roll left knee in front of right
- 18& Roll right knee in front of left; roll left knee in front of right
- 19& Roll right knee in front of left; roll left knee in front of right
- 20 Roll right knee in front of left
- 21-22 Kick left foot forward twice
- 23-24 Touch left foot to the left; touch left foot behind right.

TOE-HEEL STRUTS FORWARD

- 25-26 Step left toe forward; lower left heel to floor
- 26-28 Step right toe forward; lower right heel to floor
- 29-30 Step left toe forward; lower left heel to floor:
- 31-32 Step right toe forward; lower right heel to floor.

SCUFFS, SCOOT BACK SUGARFOOT

- 33 Scuff left foot forward
- 34& Scuff left foot up and back; scoot backward on right foot
- 35-36 Turning right foot inward, touch right toe beside left instep; turning right foot outward, touch right heel beside left instep.

REPEAT
