

Rocks On The Block

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Susan Webb (USA)
音乐: Jenny from the Block - Jennifer Lopez



Dance starts after the first 12 counts.

SHUFFLE FORWARD, ¼ TURN LEFT, HIP BUMPS, STEP BACK ON LEFT & PIVOT ½ TURN LEFT, HIP BUMPS

1&2 Step right foot forward toward 1:00, step left beside right, step right forward
&3&4 Turn ¼ left on balls of feet, bump hips forward, back forward keeping weight on right foot
&5-6 Step left foot beside right, step right foot forward, pivot ½ turn left
7&8 Bump hips forward, back forward keeping weight on right foot

STEP CROSS HOLDS, TOE POINTS, LEFT SAILOR STEP WITH ½ TURN LEFT

&1-2 Step left foot back and cross right foot over left, hold
&3-4 Step left foot back and cross right foot over left, hold
5&6 Point left toe out to left side, hitch left knee to right, repeat toe point hitch
7&8 Step left foot behind right foot with ¼ turn left, step right foot forward in front of left, step left foot to left with a ¼ turn

¼ TURN LEFT, SCISSORS, ½ TURN RIGHT, RIGHT HIP WALK, LEFT HIP WALK

1&2 Turn ¼ left and step right foot to right side, step left foot together, step right foot across front of left
3&4 Turn ¼ right and step back with left foot, turn ¼ right and step right foot to right side, step left foot beside right
5&6 Right toe touch forward pushing hip forward, bump right hip back, right step down taking weight on right foot
7&8 Left toe touch forward pushing hip forward, bump left hip back, left step down taking weight on left foot

KICK BALL STEP BACK, RIGHT-LEFT-RIGHT HIP BUMPS, 2 VAUDEVILLES

1&2 Kick right foot forward, long step back on the ball of right foot, step left foot beside right,
3&4 Bump hips right left right
&5&6 Step back on left foot, cross right foot over left, step left foot back, kick right heel forward
&7&8 Step right foot back, cross left foot over right, step right foot back, kick left heel forward

½ PIVOT TURN LEFT, RIGHT MAMBO STEP, LEFT COASTER STEP, ¼ PIVOT TURN LEFT

&1-2 Step left foot back, step right foot forward, pivot on ball of right foot ½ turn placing weight on left foot
3&4 Step right foot forward, step left foot in place, step right foot beside left
5&6 Step left foot back, step right foot back, step left foot forward
7-8 Step ball of right foot forward and turn ¼ turn left placing weight on left foot

SYNCOPATED WEAVE TO THE LEFT, RIGHT SAILOR STEP WITH ½ TURN RIGHT, BODY ROLL

1&2 Cross right foot over left, step left foot to left side, step right foot behind left
&3&4 Step left foot beside right, cross right foot over left, step left foot beside right, touch right toe beside left foot
5&6 Step ball of right foot back making ¼ turn right, step left foot forward, step right back making a ¼ turn right
&7-8 Bend knees taking weight onto left foot, stand up, thrust upper body forward keeping weight on left foot

REPEAT
