

Rough & Ready

COPPER **NOB**
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate east coast swing
编舞者: Johnny Montana (USA)
音乐: Rough & Ready - Trace Adkins



SHUFFLE FORWARD, SHUFFLE FORWARD

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left

ROCK-STEP-CROSS, SIDE-CROSS-SIDE

5&6 Step out to right side and rock, step onto left foot (replace weight), cross right over left and step
7&8 Step to left side onto left foot, cross right behind left and step, step to left side onto left foot

ROCK, REPLACE, SHUFFLE WITH ¼ TURN

9-10 Cross right foot over left and step, step back (replace weight) onto left foot
11&12 Shuffle to right side right, left, right making a ¼ turn to right

SHUFFLE WITH ¼ TURN, COASTER STEP

13&14 Shuffle forward left, right, left making a ¼ turn to right
15&16 Step back onto sole of right foot, step onto sole of left foot next to right, step forward onto right foot

HEEL-STEP-TOE-STEP-HEEL-STEP-TOE

17& Touch left heel forward, step onto left foot next to right
18& Touch right toe next to left instep, step onto right foot next to left
19& Touch left heel forward, step onto left foot next to right
20 Touch right toe next to left instep

OUT-OUT-IN-IN-ROCK-STEP-CROSS

21& Step slightly out to right side onto sole of right foot, step slightly out to left side onto sole of left foot
22& Step back to home position onto sole of right foot, step onto sole of left foot next to right
23& Step out to right side onto right foot and rock, step onto left foot (replace weight)
24 Cross right behind left and step

SHUFFLE WITH ¼ TURN, STEP, TURN

25&26 Shuffle to left side left, right, left, making a ¼ turn to right (to the right)
27-28 Step forward onto right foot, make a ½ turn pivot left (to the left) and replace weight onto left foot

FORWARD RIGHT COASTER STEP, BACK LEFT COASTER STEP

29&30 Step forward onto right foot, step onto left foot next to right, step back onto right foot
31&32 Step back onto left foot, step onto right foot next to left, step forward onto left

REPEAT

TAG

After 1st wall

1-4 Step forward onto right foot bend knee and shake butt or shoulders 3 times to beat pushing back on 4th count possibly kicking right foot forward

And then restart

After 2nd wall

1-8 Step forward onto right foot bend knee and shake butt or shoulders 7 times to beat pushing back on 8th count possibly kicking right foot forward

And then restart**After 3rd wall**

1-2 Rock forward onto right foot, replace weight back to left foot

3-4 Rock back onto right foot, replace weight forward onto left foot

5-6 Rock forward onto right foot, replace weight back to left foot

7-8 Rock back onto right foot, replace weight forward onto left foot

9-12 Step forward onto right foot bend knee and shake butt or shoulders 3 times to beat pushing back on 4th count possibly kicking right foot forward

And then restart**After 4th wall**

1-2 Rock forward onto right foot, replace weight back to left foot

3-4 Rock back onto right foot, replace weight forward onto left foot

5-6 Rock forward onto right foot, replace weight back to left foot

7-8 Rock back onto right foot, replace weight forward onto left foot

9-16 Step forward onto right foot bend knee and shake butt or shoulders to beat 7 times pushing back on 8th count possibly kicking right foot forward

And then restart
