

Rough & Ready

COPPER KNOB
BY STEPHENETS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Cathy Falconer (USA)
音乐: Rough & Ready - Trace Adkins



ROCK BACK, ROCK FORWARD, ROCK FORWARD, ROCK BACK, SPIN BACK TO RIGHT

1-4 Rock back on right, rock forward on left, rock forward on right, rock back on left,
5-8 Step forward with right making $\frac{1}{2}$ turn right, step back with left making $\frac{1}{2}$ turn right, step
forward with right making $\frac{1}{2}$ turn right, step forward with left

TWO KICK BALL CHANGES, TOUCH, TOUCH, SAILOR $\frac{1}{4}$ TURN

9&10 Kick right foot forward, step on ball of right, change weight to left
11&12 Kick right foot forward, step on ball of right, change weight to left
13-14 Touch right toe forward, touch right toe to right side
15&16 Step right behind left making $\frac{1}{4}$ turn right, step left too left side, step right to right side

CROSS STEPS $\frac{1}{4}$ TURN, STEP $\frac{1}{2}$ TURN, TRIPLE STEP

17-20 Cross left over right, step right to right side, step left behind right, step right to right side
making $\frac{1}{4}$ turn right
21-22 Step forward with left, make $\frac{1}{2}$ turn right bring weight to right foot
23&24 Triple step forward left, right, left

JAZZ BOX $\frac{1}{4}$ TURN, SHUFFLE RIGHT, ROCK STEP

25-28 Step right over left, step left back, step right making $\frac{1}{4}$ turn right, step left beside right
29&30 Step right to right side, step left together, step right to right side
31-32 Step left behind right, replace weight on right

MILITARY TURNS, ROCK FORWARD, ROCK BACK, TRIPLE STEP BACK

33-36 Step left foot forward make $\frac{1}{2}$ turn right bringing weight to right foot, step left foot forward
make $\frac{1}{2}$ turn right bringing weight to right foot
37-38 Rock forward on left foot, rock back on right foot
39&40 Triple step back left, right, left

REPEAT
