

Shipwrecked

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Debi Dillow (USA)
音乐: Rocky Top '96 (Championship Mix) - The Osborne Brothers



LEFT HEEL ROCK STEPS/SIDE ROCKS, CROSS POLKA

- 1 Touch left heel to left side
- & Rock back on left foot
- 2 Step right foot across left foot
- 3 Touch left heel to left side
- & Rock back on left foot
- 4 Step right foot across left foot
- 5 Rock left foot to left side
- 6 Step right foot in place
- 7 Cross polka step left foot over right
- & Step right foot next to left
- 8 Step left foot across right foot (move to right)

RIGHT HEEL ROCK STEPS/SIDE ROCKS, CROSS POLKA

- 9 Touch right heel to right side
- & Rock back on right foot
- 10 Step left foot across right foot
- 11 Touch right heel to right side
- & Rock back on right foot
- 12 Step left foot across right foot
- 13 Rock right foot to right side
- 14 Step left foot in place
- 15 Cross polka step right foot over left
- & Step left foot next to right
- 16 Step right foot across left foot (move to left)

SYNCOATED WAVES

- 17 Step left foot to left
- 18 Cross right foot behind left foot (stay on ball of right foot)
- & Step left foot to left
- 19 Step right foot forward at 45 degree angle right
- 20 Clap hands
- 21 Step left foot to left
- 22 Cross right foot behind left foot (stay on ball of right foot)
- & Step left foot to left
- 23 Step right foot forward at 45 degree angle right
- 24 Clap hands

RUNNING GRAPEVINE, SIDE ROCK, POLKA ½ TURN RIGHT

- & Step left ball of foot to left side
- 25 Cross right foot in front of left
- & Step left ball of foot to left side
- 26 Cross right foot behind left (moving left)
- & Step left ball of foot to left side
- 27 Cross right foot in front of left
- & Step left ball of foot to left side

- 28 Cross right foot behind left (moving left)
- 29 Rock left to left side
- 30 Step right in place
- 31&32 Polka left, right, left, turning ½ turn to right

TOUCH STEP, DRAG-STEP-ROCK

- 33 Touch ball of right foot
- 34 Step down on right foot
- 35 Touch ball of left foot
- 36 Step down on left foot
- & With weight on left foot, drag left foot back
- 37 Step right foot across left foot
- & Rock back on left foot
- 38 Step right foot in place
- & With weight on right foot, drag right foot back
- 39 Step left foot across right foot
- & Rock back on right foot
- 40 Step left in place

ROCK STEP, POLKA ¾ TURN, SAILOR SHUFFLES

- 41 Step forward on right foot
- 42 Rock back on left foot
- 43&44 Polka right, left, right turning ¾ turn right
- 45 Cross left foot behind right foot
- & Step right foot to right side
- 46 Step left foot in place
- 47 Cross right foot behind left foot
- & Step left foot to left side
- 48 Step right foot in place

REPEAT
