

Simply Rock

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Val Myers (UK)
音乐: Rock This Planet - Billy Ray Cyrus



FORWARD HEEL STRUTS TWICE, BACK TOE STRUTS TWICE

1-2 Step right heel forward, drop right toe taking weight
3-4 Step left heel forward, drop left toe taking weight
5-6 Step right toe back, drop right heel taking weight
7-8 Step left toe back, drop left heel taking weight

RIGHT SCISSOR STEP, HOLD, LEFT SCISSOR STEP TURNING ¼ RIGHT, HOLD

1-4 Step right to right side, step left beside right, cross right over left, hold
5-8 Step left to left side, step right beside left turning ¼ right, cross left over right, hold

STEP, SLIDE, STEP, SCUFF TWICE

1-4 Step forward right, slide left beside right, step forward right, scuff left forward
5-8 Step forward left, slide right beside left, step forward left, scuff right forward

RIGHT MAMBO FORWARD, HOLD, LEFT MAMBO BACK, HOLD

1-4 Rock forward right, rock left in place, step right beside left, hold
5-8 Rock back left, rock right in place, step left beside right, hold

REPEAT
