

# Jingle Bell Rock

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Alan Clarke (UK)  
音乐: Jingle Bell Rock - The Cheap Seats



## RIGHT GRAPEVINE WITH HITCH, ROCKS WITH ARM SWINGS

- 1 Step right to right side
- 2 Cross left behind right
- 3 Step right to right side
- 4 Hitch left knee
- 5 Step left back rocking weight back onto left
- 6 Rock weight forward onto right
- 7 Rock weight back onto left
- 8 Rock weight forward onto right

During steps 5-8 place elbows at waist, fist clenched left arm angled down, right arm angled up. With each rocking action alternate arms up and down as if ringing bells

## LEFT GRAPEVINE WITH HITCH, ROCKS WITH ARM SWINGS

- 9 Step left to left side
- 10 Cross right behind left
- 11 Step left to left side
- 12 Hitch right knee
- 13 Step back right rocking weight back onto right
- 14 Rock weight forward onto left
- 15 Rock weight back onto right
- 16 Rock weight forward onto left

During steps 13-16 place elbows at waist, fist clenched right arm angled down, left arm angled up. With each rocking action alternate arms up and down as if ringing bells

## KICKS WITH RIGHT & LEFT, STEP ¼ PIVOTS LEFT TWICE

- 17 Kick right forward across left
- 18 Step right to right side
- 19 Kick left forward across right
- 20 Step left to left side
- 21 Step forward right
- 22 Pivot ¼ turn left
- 23 Step forward right
- 24 Pivot ¼ turn left

## SYNCOPATED JUMP FORWARD, HEEL BOUNCES & KNEE POPS

- &25 Jump forward right, left
- 26-28 With weight on toes, bounce on heel three times
- 29 Push left knee forward across right
- 30 Return left to place and push right knee forward across left
- 31 Return right to place and push left knee forward across right
- 32 Return left to place and push right knee forward across left

REPEAT

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