

Hot Shakes & Raunchy Rolls (P)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 0 级数: Partner
编舞者: Helen D'Aguiar (UK) & Rachel Griffiths
音乐: Shake Rattle & Roll - Bill Haley & The Comets



Position: Begin with man facing OLOD and woman facing ILOD (facing each other), holding hands (or ballroom hold)

MAN'S STEPS:

ROCK STEP, CHASSE LEFT, CHASSE RIGHT, ROCK STEP

1-2 Rock back on left, recover right
3&4 Chasse left (side close side)
5&6 Chasse right (side close side)
7-8 Rock back on left, recover right

CHASSE ¼ TURN LEFT, PIVOT ¼ LEFT, CHASSE ¼ TURN RIGHT, 2 X PIVOT TURNS RIGHT

9&10 Chasse left (side close side) making ¼ turn left releasing your left hand
&11&12 Pivot ¼ turn left on ball of left foot and go straight into a chasse ¼ turn right (you should now be facing LOD, release your right hand)
13-14 Step forward on left, pivot half turn right
15-16 Step forward on left, pivot half turn right

JAZZ BOX WITH SCUFF (TWICE)

17-20 Take lady's left hand in your right and cross left over right, step back on right, step left to side and scuff right
21-24 Cross right over left, step back on left, step right to side and scuff left

TOE STRUTS, PIVOT ¼ TURN LEFT, CHASSE, ROCK STEP

25-26 Left toe strut forward
27-28 Right toe strut forward
&29&30 Pivot ¼ turn right and chasse left, taking lady's right hand in your left (you should now be holding both hands, facing each other)
31-32 Rock back right, recover left

TOE KICK SWIVELS (TWICE), STEP BACK TOUCH

33-35 While swiveling on ball of left foot, touch right toe to left instep, kick right foot forward, cross right over left (i.e. toe, heel, cross)
36-38 While swiveling on ball of right foot, touch left toe to left instep, kick left foot forward, cross left over right
39-40 Step back on right foot and touch left next to right

CHASSE LEFT, ROCK STEP, CHASSE RIGHT, STOMP, KICK

41&42 Chasse left (side close side) releasing your right hand
43-44 Rock back on right, recover left
45&46 Chasse right (side close side)
47-48 Taking both lady's hands, stomp left next to right (no weight) and kick left foot forward

REPEAT

LADY'S STEPS

ROCK STEP, CHASSE RIGHT, CHASSE LEFT, ROCK STEP

1-2 Rock back on right, recover left
3&4 Chasse right (side close side)

5&6 Chasse left (side close side)
7-8 Rock back on right, recover left

CHASSE ¼ TURN RIGHT, PIVOT ¼ RIGHT, CHASSE ¼ TURN LEFT, 2 X PIVOT TURNS LEFT

9&10 Chasse right (side close side) making ¼ turn right, release right hand
&11&12 Pivot ¼ turn right on ball of right foot and go straight into a chasse ¼ turn left (you should now be facing LOD), release your left hand
13-14 Step forward on right, pivot half turn left
15-16 Step forward on right, pivot half turn left

JAZZ BOX WITH SCUFF (TWICE)

17-20 Taking man's right hand in your left, cross right over left, step back on left, step right to side and scuff left
21-24 Cross left over right, step back on right, step left to side and scuff right

TOE STRUTS, PIVOT ¼ TURN RIGHT, CHASSE, ROCK STEP

25-26 Right toe strut forward
27-28 Left toe strut forward
&29&30 Pivot ¼ turn left and chasse right, taking man's left hand in your right (you should now be holding both hands facing each other)
31-32 Rock back left, recover right

TOE KICK SWIVELS (TWICE), STEP BACK TOUCH

33-35 While swiveling on ball of right foot, touch left toe to right instep, kick left foot forward, cross left over right (i.e. toe, heel, cross)
36-38 While swiveling on ball of left foot, touch right toe to left instep, kick right foot forward, cross right over left
39-40 Step back on left foot and touch right next to left

CHASSE ¼ TURN RIGHT, PIVOT ¾ TURN RIGHT, CHASSE LEFT, STOMP, KICK

41&42 Chasse right turning ¼ turn right (drop left and begin to pass under man's left arm)
43-44 Step forward on left, turn ¾ right
45&46 Hold hands again and chasse left (side close side)
47-48 Stomp right next to left (no weight) and kick right foot forward

REPEAT
