

He Rocks!

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate/Advanced
编舞者: Ilkka Malva
音乐: He Rocks - Wynonna



Sequence: ABC ABDC B End. Start 16 counts after Wynonna says "Alright, here we go"

PART A

STEP X3, APPLEJACK, STEP X3, APPLEJACK

1-2 Step right foot forward, step left foot forward
3&4 Step right foot forward, twist right heel and fan left toes to left and back
5-6 Step left foot forward, step right foot forward
7&8 Step left foot forward, twist left heel and fan right toes to left and back

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, CROSS, UNWIND

9&10 Step right foot to right, bring left foot next to right, step right foot to right
11-12 Rock left foot behind right foot, step right foot in place
13&14 Step left foot to left, bring right foot next to left, step left foot to left
15-16 Cross right foot across left, unwind ½ turn to left (with weight ending on left foot)

STEP X3, APPLEJACK, STEP X3, APPLEJACK

17-24 Repeat counts 1-8

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE ½ TURN LEFT, STEP, STEP, CLAP

25-28 Repeat counts 9-12
29&30 Step left foot turning ½ turn to left, bring right foot next to left, step left foot turning ½ turn to left
&31-32 Step right foot forward, step left foot next to right (slightly apart), hold and clap

KICK-BALL-CROSSES, MONTEREY TURN, SIDE SHUFFLE

33&34 Kick right foot forward, step right ball in place, cross left foot in front of right
35&36 Repeat counts 33&34
37-38 Touch right toes to right, bring right foot next to left making a ½ turn to right
39&40 Cross left foot in front of right, step right foot to right, cross left foot in front of right

KICK-BALL-CROSSES, MONTEREY TURN, STOMP, CLAP

41-46 Repeat counts 33-38
47-48 Stomp left foot across in front of right, hold and clap

PART B

ROCKS, KICKS, SAILOR SHUFFLE

1-2 Rock forward on right foot, step back on left foot
3-4 Rock back on right foot, step forward on left foot
5-6 Kick right foot forward, kick right foot to right
7&8 Step right foot behind left, step left foot to left, step right foot to right

ROCKS, KICKS, TOUCH, UNWIND

9-10 Rock forward on left foot, step back on right foot
11-12 Rock back on left foot, step forward on right foot
13-14 Kick left foot forward, kick left foot to left
15-16 Touch left foot behind right foot, unwind ½ turn to left (with weight ending on left foot)

STRUTS, TURNING SIDE STEPS, TOUCH

- 17-20 Touch right toes forward, step right heel down, touch left toes forward, step left heel down
21-22 Step right foot turning $\frac{1}{4}$ to right, step left foot turning $\frac{1}{4}$ to right
23-24 Step right foot turning $\frac{1}{4}$ to right, touch left foot next to right

STEP, SLIDE, STEP, SCUFF, $\frac{1}{2}$ TURN SHUFFLE, ROCK STEP

- 25-28 Step left foot forward, slide right next to left, step left foot forward, scuff right foot forward
29&30 Step right foot forward turning $\frac{1}{4}$ left, bring left next to right, step right foot back turning $\frac{1}{4}$ left
31-32 Rock left foot back, step right foot forward

HEEL SWITCHES, TOUCH, CLAP

- 33& Touch left heel to forward left, step left foot next to right
34& Touch right heel to forward right, step right foot next to left
35-36 Touch left toes to left, hold and clap

HEEL SWITCHES, TOUCH, CLAP

- &37& Step left foot next to right, touch right heel to forward right, step right foot next to left
38& Touch left heel to forward left, step left foot next to right
39-40 Touch right toes to right, hold and clap

PART C

ROCK STEPS, GRAPEVINE, SIDE SHUFFLE

- 1-2 Rock forward on right foot, step back on left foot
3-4 Rock back on right foot, step forward on left foot
5-6 Step right foot to right, step left foot behind right
7&8 Step right to right, bring left foot next to right, step right foot to right

ROCK STEPS, SPIN, TURNING SIDE SHUFFLE

- 9-10 Rock forward on left foot, step back on right foot
11-12 Rock back on left foot, step forward on right foot
13-14 Step left foot turning $\frac{1}{4}$ to left, step right forward turning $\frac{1}{2}$ to left
15&16 Step left turning $\frac{1}{4}$ to left, bring right foot next to left, step left turning $\frac{1}{4}$ to left

PART D

ROCK STEP, HEEL JACK, ROCK STEP, HEEL JACK

- 1-2 Rock forward on right foot, step back on left foot
&3&4 Step right foot back, touch left heel slightly forward left, step left foot in place, step right foot forward
5-6 Rock forward on left foot, step back on right foot
&7&8 Step left foot back, touch right heel slightly forward right, step right foot in place, step left foot forward

END

ROCK STEP, $\frac{1}{2}$ TURN SHUFFLE, $\frac{1}{2}$ PIVOT TURN, $\frac{1}{4}$ PIVOT TURN

- 1-2 Rock forward on right foot, step back on left foot
3&4 Step right foot turning $\frac{1}{4}$ to right, bring left next to right, step right foot turning $\frac{1}{4}$ to right
5-6 Step left foot forward, pivot $\frac{1}{2}$ turn to right
7-8 Step left foot forward, pivot $\frac{1}{4}$ turn to right

HEEL SWITCHES, TOUCH, CLAP

- 9& Touch left heel to forward left, step left foot next to right
10& Touch right heel to forward right, step right foot next to left
11-12 Touch left toes to left, hold and clap

HEEL SWITCHES, TOUCH, CLAP

- &13& Step left foot next to right, touch right heel to forward right, step right foot next to left
14& Touch left heel to forward left, step left foot next to right
15-16 Touch right toes to right, hold and clap

ROCK STEP, ½ TURN SHUFFLE, ROCK STEP, ½ TURN SHUFFLE

- 17-18 Rock forward with right foot, step left foot back
19&20 Step right foot turning ¼ to right, bring left next to right, step right foot turning ¼ to right
21-22 Rock forward with left foot, step right foot back
23&24 Step left foot turning ¼ to left, bring right next to left, step left foot turning ¼ to left

STEP, STEP, KICK-BALL-CHANGE, KICK-BALL-CROSS, SPIN

- 25-26 Step right foot forward, step left foot forward
27&28 Kick right foot forward, step right next to left, step left next to right
29&30 Kick right foot forward, step right next to left, cross left in front of right
31 Touch right foot across left and spin 'till you drop!
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