

The Hand That Rocks The Cradle

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Joe Moon
音乐: The Hand That Rocks The Cradle (feat. Bob Tutupoli) - Tantowi Yahya



ROCK STEP, RECOVER, FULL TURN, BACK ROCK, FORWARD SHUFFLE

- 1-2-3-4 Rock forward on right, recover on left, full turn over right shoulder, step forward on right, step left in place to complete full turn
5-6-7&8 Back rock on right, recover on left, forward shuffle on right, left, right

JAZZ BOX ¼ TURN, CROSS, TOUCH CROSS TWICE

- 1-2-3-4 Cross left over right, step back on right, ¼ turn left stepping forward on left, cross right over left
5-6-7-8 Touch left toe to left, cross left over right, touch right toe to right, cross right over left

ROCK FORWARD, RECOVER, BACK COASTER, ROCK FORWARD, RECOVER, ½ TURN RIGHT

- 1-2-3&4 Rock forward on left, recover on right, back coaster stepping back on left, step right next to left, step forward on left
5-6-7&8 Rock forward on right, recover on left, ½ turn shuffle over right shoulder, step forward on right, step left next to right, step forward on right

CROSS BACK SWEEP (MOVING BACKWARDS) BACK ROCK, RECOVER, STEP FORWARD, ½ SPIN TURN, TOUCH

- 1-2-3-4 Cross left over right, step back on right, sweep left behind right, sweep right behind left
5-6-7-8 Back rock on left, recover on right, step forward on left, ½ turn spin over left shoulder, touch right next to left

SIDE, TOGETHER, FORWARD SHUFFLE, ROCK, FORWARD, RECOVER, ¼ LEFT TURN SAILOR LEFT SHOULDER

- 1-2-3&4 Step right to right, step left to right, forward shuffle on right, left, right
5-6-7&8 Rock forward on left, recover on right, make ¼ left turn sailor step on left, right, left

CROSS, SIDE, BEHIND, ¼ TURN, STEP, PIVOT ½ TURN, ¼ TURN (FIGURE 8) CROSS BEHIND

- 1-2-3-4 Cross right over left, step left to left, cross right behind left, make ¼ left turn, stepping forward on left
5-6-7-8 Step forward on right, pivot ½ turn left, step right to side with ¼ turn left cross left behind right

SIDE SHUFFLE WITH ¼ TURN, STEP, PIVOT ½, TURN SHUFFLE FORWARD, PIVOT ¼ TURN

- 1&2-3-4 Side shuffle on right with ¼ turn right, step forward on left, pivot ½ turn right
5&6-7-8 Forward shuffle on left, right, left, step forward on right, pivot ¼ turn left (weight on left)

JAZZ BOX WITH ¼ TURN, STEP, ¼ TURN MONTEREY, POINT, ¼ TURN RIGHT, POINT LEFT, STEP TOGETHER

- 1-2-3-4 Cross right over left, step back on left, ¼ turn right, stepping forward on right, step left next to right
5-6-7-8 Point right toe to right, ¼ turn right, stepping right next to left, point left to left, step left in place

REPEAT

ENDING

- 1-2-3-4 Cross left over right, step back on left, make ½ turn, stepping forward on left, cross right over left

5-6-7-8 Touch left to left, cross left over right, touch right to right hold (end exactly at 12:00 wall)
This dance is dedicated to all mothers, who at one time or other, have rocked us in our cradles. They are the champions
