

Crank It Up!

COPPER KNOB
STEPPING

拍数: 64 墙数: 2 级数: Intermediate polka
编舞者: Kathy Heller (USA)
音乐: She Don't Like My Music - Ray Scott



SHUFFLE, ROCK STEP, $\frac{3}{4}$ TURN, COASTER

1&2 Shuffle forward right-left-right
3-4 Rock forward left, return weight to right
5-6 Turn $\frac{1}{4}$ left stepping forward on left, turn $\frac{1}{2}$ left stepping back on right
7&8 Coaster left-right-left (3:00)

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

1&2 Shuffle forward right-left-right
3&4 Shuffle $\frac{1}{2}$ turn right left-right-left
5-6 Rock back on right, recover forward on left
7-8 Walk forward right, left (9:00)

1-16 Repeat 1-16 (6:00)

SHUFFLE, ROCK STEP, $\frac{3}{4}$ TURN, SHUFFLE

1&2 Shuffle to the right (chasse) right-left-right
3-4 Rock back on left, return weight to right
5-6 Step left to side left, turn $\frac{3}{4}$ turn to the right stepping forward on right
7&8 Shuffle forward left-right-left (3:00)

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

1-2 Step forward on right, pivot $\frac{1}{4}$ turn left
3&4 Shuffle forward right-left-right
5-6 Rock forward on left, recover weight on right
7&8 Coaster step left-right-left (12:00)

1-16 Repeat 33-48 (6:00)

REPEAT
