

Country Rock

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Improver
编舞者: Jeff Joslin (USA)
音乐: Rock This Country! - Shania Twain



DOUBLE KICK, TRIPLE STEP, DOUBLE KICK, TRIPLE STEP

1-2 Kick right foot forward twice
3&4 Triple step in place right, left, right
5-6 Kick left foot forward twice
7&8 Triple step in place left, right, left

ROCK STEP, ½ TURN TO THE RIGHT (RIGHT), STEP, SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT

1-2 Rock forward on right foot, step back on left foot (starting ½ turn)
3-4 ½ turn to the right (right) step weight on right foot, step left foot next to right foot
5&6 Shuffle step forward right, left, right
7&8 Shuffle step forward left, right, left

45 DEGREE STEPS FORWARD RIGHT, LEFT, ROLLING GRAPEVINE RIGHT

1-2 Step 45 degrees forward on right foot, touch left foot next to right foot
3-4 Step 45 degrees forward on left foot, touch right foot next to left foot
5-6 Step right on right foot, (start of full reverse turn) turning ½ turn left step left foot to left
7-8 Turning ½ turn left(to the left) step right foot to right, touch left foot next to right(end full turn)

HIP BUMPS, ROLLING GRAPEVINE LEFT(TO THE LEFT)

1-2 Bump hips left twice
3-4 Bump hips right twice
5-6 Step left on left foot, turning ½ turn left(to the left) step right foot to right(start of full turn)
7-8 Turning ½ turn left(to the left) step left foot to left, touch right foot next to left(end full turn)

HIP BUMPS, ¼ TURN LEFT(TO THE LEFT), STEP RIGHT, STEP LEFT

1-2 Bump hips right twice
3-4 Bump hips left twice
5-6 Step forward on right foot, turn ¼ left(to the left) weight on left foot (start of full turn)
7-8 Step right foot in place, step left foot in place

REPEAT
