

7 Nights 2 Rock

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Frida Axelsson (SWE) - July 2007
音乐: Seven Nights to Rock - The Refreshments



Intro: They count in for you ;-)

or you can dance it to any quick rock?n?roll music!

KICK RF FWD, HOOK BEHIND AND SLAP, RIGHT CHASSE ¼ TURN R, SCUFF LF, SCOOT RF, TURN ½ R, STEP BACK, STEP BESIDE

- 1 RF kick forward
- 2 RF hook behind LF and slap with left hand
- 3 RF step side right
- & LF step beside RF
- 4 RF step side right, turn ¼ right
- 5 LF scuff forward
- & RF scoot forward, turn ¼ right
- 6 LF step down
- 7 RF turn ¼ right, step in place
- 8 LF step beside RF, shoulder wide apart

R KNEEPOP, SYNCHOPATED JUMPS LEFT AND RIGHT, STEP TURN ½ R, CLAP, POINT BACK, TURN ½ R, CLAP

- 1 RF pop knee in
- 2 RF pop knee out
- & LF jump side left
- 3 RF jump beside LF
- & RF jump side right
- 4 LF jump beside RF
- 5 LF step forward
- 6 LF turn ½ right, clap
- 7 RF point behind
- 8 RF turn ½ right, clap

LEFT SHUFFLE FWD, (CLAP), RIGHT SHUFFLE FWD, (CLAP)

- 1 LF step forward
- 2 RF step beside LF
- 3 LF step forward
- 4 clap if you want to
- 5 RF step forward
- 6 LF step beside RF
- 7 RF step forward
- 8 clap if you want to

STEP LF FWD, TOUCH R TOES BEHIND, STEP DOWN RF, HITCH LF, STEP LF DOWN, SWEEP RF TURNING ¼ R, STEP LF DOWN

- 1 LF step forward
- 2 RF touch toes behind LF
- 3 RF step in place
- 4 LF hitch
- 5 LF step in place
- 6 RF sweep from left to right and turn ¼ right
- 7 RF step in place
- 8 LF step beside RF

TOUCH, FLICK AND SLAP, TOUCH, HOOK AND SLAP, STEP, HOOK BEHIND AND SLAP, STEP DOWN, SWIVEL RIGHT

- 1 RF touch beside LF
- 2 RF flick and slap with right hand
- 3 RF touch beside LF
- 4 RF hook in front of LF, slap with left hand
- 5 RF step in place
- 6 LF hook behind RF, slap with right hand
- 7 LF step in place
- 8 weight on toes LF and heel RF, swivel right

FLICK SAILOR TURN ½ LEFT, KICK BALL CHANGE, CLAP

- 1 RF weight on
- 2 LF flick, turn ½ left
- 3 LF step back
- 4 RF step beside LF
- 5 LF step forward
- 6 RF kick forward
- & RF step in place
- 7 LF step in place
- 8 clap

Move your feet and enjoy, good luck!
