

Rocks In Your Shoes

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Rocks In Your Shoes - Emily West



RIGHT & LEFT TOE STRUTS, RIGHT KICK BALL CHANGE, SIDE ROCK

1-2 Touch right toe forward, step down on right
3-4 Touch left toe forward, step down on left
5&6 Kick right, step on right, step on left (right kick ball change)
7-8 Rock right to right side, recover onto left

RIGHT & LEFT TOE STRUTS, RIGHT KICK BALL CHANGE, STEP, QUARTER

1-2 Touch right toe forward, step down on right
3-4 Touch left toe forward, step down on left
5&6 Kick right, step on right, step on left (right kick ball change)
7-8 Step forward right, pivot ¼ turn to left (9:00)

RESTART: Restart here during 4th repetition

TWO JAZZ BOXES WITH SCUFF

1-2 Cross right over left, step back left
3-4 Step right to right side, scuff left forward
5-6 Cross left over right, step back right
7-8 Step left to left side, scuff right forward

LONG STEPS FORWARD & BACK WITH DRAGS & HIPS

1-2 Step big step forward right at angle, drag left up to right
3 Rock back slightly with left at angle throwing hips back left
4 Rock right forward throwing hips forward right at angle
5-6 Step big step back left at angle, drag right back to left
7 Rock forward right at angle throwing hips forward right
8 Rock back onto left throwing hips back left at angle

REPEAT

RESTART: Restart on fourth wall (3:00) after 16 counts (facing 12:00)