

Born To Rock

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 0
编舞者: Leong Mei Ling (MY) - May 2008
音乐: C'mon Everybody - Elvis Presley

级数: Phrased Intermediate



Intro: Starts after 8 counts at vocals.

Sequence: A, A, B, A, B, A, 16cts ending

(Note: For the 2nd and 4th eight (section) of A, the dancer is required to dance following the lyrics of the song.

For example: During the 1st rotation of A, Elvis sings 'Snap Your Fingers' and then later 'Clap Your Hands'.
So

A1 - Snap Fingers & Clap Hands refers to that.

Refer to end of page for steps to the 2nd and 3rd rotation of A:

A2 - Bump Hips & Stomp Feet; A3 - Head Turns to the Left & Right)

****It's really a very simple dance although the stepsheet may look otherwise :-)** **

SECTION A

WALK FORWARD WITH HAND SLAPS

1-4 Walk forward R, slap hands on hips, walk forward L, slap hands on upper thighs
5-8 Repeat 1-4

*SNAP FINGERS

A1

1 Step R to right side
2-3 Snap fingers right (head level), hold
4-5 Snap fingers left (head level), hold
6-7 Snap fingers right (hip level), hold
8 Snap fingers left, hip level

WALK BACK WITH HAND SLAPS

1-4 Step back R, slap upper thighs, Step back L, slap upper thighs
5-8 Repeat 1-4

*CLAP HANDS

A1

1 Step R to right side
2-3 Clap hands right (head level), hold
4-5 Clap hands left (head level), hold
6-7 Clap hands right (hip level), hold
8 Clap hands left, hip level

TOE STRUT, BACK ROCK, TOE STRUT, BACK ROCK

1-4 Touch R toe to right, Step R foot down; Step L behind R, recover weight to R
5-8 Touch L toe to left, Step L foot down; Step R behind L, recover weight to L

LONG STEP RIGHT, 1/4 TURN RIGHT, HEEL BOUNCES

- 1-4 Big step to the right with R (2 counts), 1/4 right turn step L to left, hold
5-8 Bounce R heel to floor (X2), Bounce L heel to floor (X2)

BACK ROCK, TOE HEEL CROSSES (3X), STEP

- 1-2 Step R back, recover on L
3-6 Touch R toe to L instep, Tap R heel to floor, cross R over L; Hold
7-8 Touch L toe to R instep, Tap L heel to floor
1-2 Cross L over R; Hold
3-6 Touch R toe to L instep, Tap R heel to floor, cross R over L; Hold
7-8 Step L beside R, Hold

(option: replace toe-heel with toe-kick)

ELVIS KNEES

- 1-2 Turn R knee in towards left (L leg straight), hold
(both arms at shoulder level, elbows bent, forearms up)
3-4 Turn L knee in (R leg straight), hold
5 Turn R knee in (L leg straight); (Drop arms down to sides & snap fingers)
6-8 Hold

TOE STRUTS IN PLACE

- 1-4 Touch R toe beside L, Step R foot in place; Touch L toe beside R, Step L foot in place
5-8 (repeat 1-4)

SECTION B

JAZZ BOX

- 1-2 Cross R over L, Hold
3-4 Step L back, Hold
5-6 Step R to right, Hold
7-8 Step L forward in front of R, Hold

(Option: Jazz box can be done with toe struts)

TWIST TO THE RIGHT

- 1 Step R to right side
2-8 Twist hips R, L, R, L, R, L, R (finish with weight on R foot)
(Note: Or do free-style twist as long as your weight ends on the R on count 8)

JAZZ BOX

- 1-2 Cross L over R, Hold
3-4 Step R back, Hold
5-6 Step L to left, Hold
7-8 Step R forward in front of L foot, Hold

(Option: Jazz box can be done with toe struts)

FREEZE, TWIST LEFT

- 1-4 Step L to left side, hold (Freeze)
5-8 Twist hips R, L, R, L (finish with weight on L foot)

ENDING

TOE STRUTS, MONTEREY TURN (2X8)

- 1-2, 3-4 Touch R toe beside L, Step R foot in place; Touch L toe beside R, Step L foot in place
5-6, 7-8 Touch R to right, 1/2 R step R beside L; Touch L to left, step L beside R

Last count: Strike an Elvis pose!

HAVE FUN!

***Section A inserts*:**

A2 (done on the 2nd rotation of A):

(2nd eight) HIP BUMPS

- | | |
|-----|----------------------|
| 1 | Step R to right side |
| 2-3 | Bump hip right |
| 4-5 | Bump hip left |
| 6-7 | Bump hip right |
| 8 | Bump hip left |

(4th eight) FOOT STOMPS

- | | |
|-----|------------------------------|
| 1 | Step R to right |
| 2-3 | Stomp L, replace weight to R |
| 4-7 | repeat 2-3 |
| 8 | Stomp L |

A3 (done on the 3rd and last rotation of A):

(2nd eight) TURN HEAD LEFT

- | | |
|-----|----------------------------|
| 1-2 | Cross R over L (Look L) |
| 3-4 | Step L to L (Look forward) |
| 5-6 | Cross R over L (Look L) |
| 7-8 | Step L to L (look forward) |

(4th eight) TURN HEAD RIGHT

- | | |
|-----|-------------------------------|
| 1-2 | Step R to right (Look R) |
| 3-4 | Cross L over R (Look forward) |
| 5-6 | Step R to right (Look R) |
| 7-8 | Cross L over r (look forward) |
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