

Rockin My Life Away

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Geoff Langford (UK) - May 2008
音乐: Rockin' My Life Away - Jerry Lee Lewis : (CD: All Killer no Filler - 3:27)



Side rock cross X 2 right and left with holds

1,2 rock right to right side. recover on left
3,4 cross right over left. hold
5,6 rock left to left side. recover on right
7,8 cross left over right. hold (12 o clock)

Grapevine rights ¼ turn right brush. Step forward touch. Step back touch

1,2 step right to right side. Step left behind right
3,4 step right to right side ¼ turn right. brush left forward
5,6 step forward left. touch right behind left
7,8 step back right. touch left beside right (3 o clock)

Step diagonal back left hold push hip back. Rock hip on right hold. 3 hip rocks brush ¼ turn

1,2 step left back on diagonal pushing hip back. hold
3,4 Rock hip on to right. hold.
5,6 rock hip back on left. Rock hip forward on right
7,8 rock hip back on left. brush left forward ¼ turn right (6 o clock)

Grapevine left brush. Grapevine right ¼ turn right brush

1,2 step left to left side. step right behind left
3,4 step left to left side. brush right beside left
5,6 step right to right side. Step left behind right
7,8 step right to right side ¼ turn right .brush left forward (9 o clock)

Step turn ½ right step hold. Step turn ½ left step hold

1,2 step forward left. pivot half turn right
3,4 step forward left. hold
5,6 step forward right. pivot half turn left
7,8 step forward right. hold (9 o clock)

Step turn ½ turn full turn shuffle forward stomp-stomp

1,2 step forward left. pivot half turn right
3,4 ½ turn right stepping back left. ½ turn right stepping forward right
5 & 6 step forward left. step right beside left. step forward left
7,8 stomp right forward. Stomp left beside right (3 o clock)

Have fun