

Old Time Rock & Roll

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Milo Eve (NL) - April 2009
音乐: Old Time Rock & Roll - Bob Seger



Intro 16 count /Outro 24 count.

Start at 12.00

Toe, kick, coaster step, toe, kick, sailor step.

- 1 RF tap toe next to LF
- 2 RF kick right and fwd
- 3 RF step bwd
- & LF step next to RF
- 4 RF step fwd
- 5 LF tap toe next to RF
- 6 LF kick left and fwd
- 7 LF cross behind RF
- & RF ½ turn left, recover weight
- 8 LF step left

at 06.00

Shimmy, 2x hip fwd, shimmy, 2x hip fwd.

- 9 RF big step right and fwd
- 10 LF drag next to RF
- 11 RF hip fwd
- 12 RF hip fwd
- 13 LF big step left and fwd
- 14 RF drag next to LF
- 15 LF hip fwd
- 16 LF hip fwd

at 06.00

Toe strutt (clap), toe strutt ½ turn (clap), rock, tripple ½.

- 17 RF tap toe fwd
- 18 RF heel down and clap
- 19 LF ½ turn right, tap toe bwd
- 20 LF heel down and clap
- 21 RF step bwd
- 22 LF recover weight
- 23 RF ¼ turn left, step right
- & LF close
- 24 RF ¼ turn left, step bwd

at 09.00

Heel digs, cross behind, cross over, heel grind ¼ right, coaster, stomp.

- 25 LF tap heel fwd
- 26 LF tap heel fwd
- 27 LF cross behind RF
- & RF step right
- 28 LF cross over RF
- 29 RF tap heel fwd
- 30 RF ¼ turn right on heel

31 RF step bwd
& LF step next to RF
32 RF stomp fwd
End at 09.00

Start again.
