

Rock Therapy

COPPER KNOB
BYEBOHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Bracken Heidenreich (USA) & Linda Ellis (USA) - July 2009
音乐: Let It Rock - Kevin Rudolf & Lil Wayne : (CD: In the City - Bonus Track Version)



[12:00] Clock positions in brackets indicate direction facing at end of movement

WALK, WALK, SHUFFLE, FRONT & BACK & FRONT & BACK

- 1,2 □ Step R forward; Step L forward
- 3&4 □ Step R forward; & Close L next to R; Step R forward
- 5&6& □ Place L slightly forward with weight on ball of L; & Return weight (in place) to R; Place L slightly back with weight on ball of L; & Return weight (in place) to R
- 7&8 □ Place L slightly forward with weight on ball of L; & Return weight (in place) to R; Step L back

BACK, DRAG, & WALK, CROSS, 3/4 BOX

- 1,2 □ Big step R back; Drag L next to R
- &3,4 & □ Step ball of L next to R; Walk R forward; Step L across (in front of) R
- 5& □ Step R to R side; & Make 1/4 turn L bringing L to touch next to R
- 6& □ Step L to L side; & Make 1/4 turn L bringing R to touch next to L
- 7& □ Step R to R side; & Make 1/4 turn L bringing L to touch next to R
- 8 □ Step L to L side [3:00]

CROSS, HOLD, & CROSS SIDE, SAILOR STEP, WEAVE 1/4 TURN

- 1,2 □ Step R across (in front of) L; Hold
- &3,4 & □ Step ball of L slightly to L side; Step R across (in front of) L; Step L to L side
- 5&6 □ Step R behind L; & Step L to L side; Step R to R side (slightly forward)
- 7&8 □ Step L behind R; & Make 1/4 turn R and step R forward; Step L forward [6:00]

ROCK RECOVER COASTER STEP, WALK, WALK, WALK, TOUCH

- 1,2 □ Rock R forward; Recover to L
- 3&4 □ Step R back; & Step L next to R; Step R forward
- 5678 □ In a large circle to the R, walk L, R, L, touch R making 3/4 turn [3:00]

START OVER! Enjoy!

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