

Old Time Rock N Roll

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Sue Coats (AUS) - September 2010
音乐: Old Time Rock & Roll - Bob Seger



(1-8) Walk, Walk, Walk, Kick with Clap; Back, Back, Back, Touch with Clap

1,2,3,4 Step L fwd, step R fwd, step L fwd, kick R fwd and clap
5,6,7,8 Step R back, step L back, step R back, touch I together and clap

(9-16) Two Military/Half Pivot Turns, Hips: Left, Right, Left, Right

1,2 Step L fwd, Pivot 180° clockwise taking weight onto R
3,4 Step L fwd, Pivot 180° clockwise taking weight onto R
5 Step L to side bumping hips left
6,7,8 Bump hips: right, left, right

(17-24) Left Side Shuffle, Rock Back, Rock Forward; Repeat on Right Side

1&2 Shuffle L, R, L sideways to left
3,4 Rock/Step R back, rock fwd onto L
5&6 Shuffle R, L, R sideways to right
7,8 Rock/Step L back, rock fwd onto R

(25-32) Shuffle Forward, Military/Half Pivot Turn, Shuffle Forward, Kick-Ball-Change

1&2 Shuffle fwd L, R, L.
3,4 Step R fwd, Pivot 180° anti-clockwise taking weight onto L
5&6 Shuffle fwd R, L, R
7&8 Kick L fwd, ball change L, R

Start Again
