

Jingle Bell Rock

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Maria Tao (USA) - November 2010
音乐: Jingle Bell Rock - Chubby Checker & Bobby Rydell : (CD: The Best Of Chubby Checker 1959-1963)



Intro: 16 counts

[1-8] R CHASSE, BACK ROCK, RECOVER, L CHASSE, BACK ROCK, RECOVER

1&2 Step right to right, step left beside right, step right to right
3-4 Rock left back, recover onto right
5&6 Step left to left, step right beside left, step left to left
7-8 Rock right back, recover onto left

[9-16] HEEL FWD (R & L), BACK, TOUCH, STEP, LOCK, LOCK STEP FWD

1-2 Step right heel forward & snap right fingers, step left heel forward & snap left fingers
3-4 Step right back, touch left toe across right
5-6 Step left forward, lock right behind left
7&8 Step left forward, lock right behind left, step left forward

[17-24] ROCK, RECOVER, ½ TURN R SHUFFLE, STEP FWD, ¼ TURN R, CROSS SHUFFLE

1-2 Rock right forward, recover onto left
3&4 ½ turn right shuffle forward stepping – right, left, right (6:00)
5-6 Step left forward, pivot ¼ turn right (9:00)
7&8 Cross step left over right, step right to right, cross step left over right

[25-32] ROCK, RECOVER & FLICK, CROSS SHUFFLE, ROCK, RECOVER, TOE STRUT

1-2 Rock right to right, recover onto left while flicking right to right side
3&4 Cross step right over left, step left to left, cross step right over left
5-6 Rock left to left, recover onto right
7-8 Step left toe across right, drop left heel to floor (9:00)

(extend both arms out with palms facing down & look to the left)

START AGAIN & HAVE FUN!

ENDING: The last rotation starts facing 9:00 – dance up to count 24 (facing 6:00)

– then do the following steps to finish facing the front:

¼ turn left stepping right back, ¼ turn left stepping left forward, stomp right beside left & strike a pose.

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