

Loves Me Like A Rock

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Easy Intermediate
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音乐: Loves Me Like a Rock - Paul Simon : (3:18)



Intro: 16 counts.

(Hold arm up, elbows bent near head on the first 6 counts, then repeat on turn to Left!)

- 1-8 Turn $\frac{1}{4}$ R & toe strut fwd with R (toe/heel), turn $\frac{1}{4}$ R & toe strut L to L side (toe/heel), hinge $\frac{1}{2}$ turn R & toe strut R to R side (toe/heel) rock/step back L, replace weight to R
- 1-8 Turn $\frac{1}{4}$ L & toe strut fwd L (toe/heel), turn $\frac{1}{4}$ L & toe strut R to R side (toe/heel), hinge $\frac{1}{2}$ turn L & toe strut L to L side (toe/heel), rock/step back R, replace weight to L
- 1-8 Grind R heel fwd, step L in place, rock/step back R, replace weight to L, grind R heel fwd, step L in place, rock/step back R, replace weight to L
- 1-8 Walk fwd R,L,R, kick L fwd & clap, walk back L, R, L, touch R beside L & clap
- 1-8 Step R to R, cross/step L behind R, turn $\frac{1}{4}$ R & step L beside R, twist heels to L, twist toes to L, twist heels to L, twist toes to centre (weight on L) (or 2 buttermilks traveling to L)
- 1-8 Step R to R, cross/step L behind R, turn $\frac{1}{4}$ R & step L beside R, twist heels to L, twist toes to L, twist heels to L, twist toes to centre (weight on L) (or 2 buttermilks traveling to L)
- 1-8 Step fwd R, pivot $\frac{1}{2}$ turn L, step fwd R, hold & clap, step fwd L, pivot $\frac{1}{2}$ turn R, step fwd L, hold & clap
- 1-8 Step R fwd to R45, lock/step R behind L, step fwd R, scuff L to L45, step fwd L to L45, lock/step R behind L, step fwd L, scuff R fwd
- 1-8 Cross/step R over L, step back L (slight diagonal), step back R (slight diagonal), cross/step L over R, step back R (slight diagonal), step back L (slight diagonal), touch R toe behind, scuff R fwd
- 1-8 Step fwd R, touch L beside R & clap, step fwd L, touch R beside L & clap, step back R, touch L beside R & clap, step back L, touch R beside L & clap
- 1-8 Step R to R, step L beside R, step R to R, touch L beside R, Step L to L, step R beside L, step L to L, touch R beside L (use lots of hips and add some arms-push hands to R twice, and push hands to L twice)
- 1-8 Step R to R, cross/step R behind L, turn $\frac{1}{4}$ R & step fwd R, turn $\frac{1}{4}$ R & hitch L, step L fwd, pivot $\frac{1}{2}$ turn R, step L to L, touch R beside L.
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