

Feels Like Rock'n Roll

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Intermediate
编舞者: Bastiaan van Leeuwen (DE) - September 2011
音乐: Feels Like Rock 'n Roll - Bouke : (CD: I Cry - Single)



Counts: part A -32 counts, part B-16 counts, part C-32 counts, part D-16 counts

Intro: 16 counts - Sequence: A B C D A B C D D B C D D

Part A

[1-8] Toe struts, kick, coaster step, lock step forward,

1& Step R toe forward, drop R heel,
2& Step L toe across R, drop L heel,
3& Step R toe back, drop R heel,
4 Kick L forward,
5&6 Step L back, step R beside, step L forward,
7&8 Step R forward, lock L behind, step R forward,

[9-16] Mambo step forward, coaster step, shuffle ½ turn R, coaster step,

1&2 Rock L forward, recover onto R, step L beside,
3&4 Step R back, step L beside, step R forward,
5&6 ¼ turn R stepping L to left side, close R beside, ¼ turn R stepping L back, (06:00)
7&8 Step R back, step L beside, step R forward,

[17-24] Toe struts, kick, coaster step, lock step forward,

1& Step L toe forward, drop L heel,
2& Step R toe across L, drop R heel,
3& Step L toe back, drop L heel,
4 Kick R forward,
5&6 Step R back, step L beside, step R forward,
7&8 Step L forward, lock R behind, step L forward,

[25-32] Mambo step forward, coaster step, shuffle ½ L, coaster step,

1&2 Rock R forward, recover onto L, step R beside,
3&4 Step L back, step R beside, step L forward,
5&6 ¼ turn L stepping R to R side, close L beside, ¼ turn L stepping R back, (12:00)
7&8 Step L back, step R beside, step L forward,

Part B

[1-8] Charleston, sweep forward, ¼ turn R, coaster step,

1-2 Sweep R out & around to touch in front of L, sweep R out & around to step R behind L,
3-4 Sweep L out & around to touch L behind R, sweep L out & around to step L forward,
5-6 Sweep R out & around to step R across L, ¼ turn R stepping L back, (03:00)
7&8 Step R back, step L beside, step R forward,

[9-16] Charleston, sweep forward, ¼ turn R, coaster step,

1-2 Sweep L out & around to touch in front of R, sweep L out & around to step L behind R,
3-4 Sweep R out & around to touch R behind L, sweep R out & around to step R forward,
5-6 Sweep L out & around to step L across R, ¼ turn R stepping R back, (06:00)
7&8 Step L back, step R beside, step L forward,

Part C

[1-8] Shuffle R diagonal R forward, scuff, shuffle L diagonal L forward, traveling toe-heel swivels, chasse,

1&2 Step R diagonal R forward, close L beside, step R diagonal R forward,

& Scuff L forward,
 3&4 Step L diagonal L forward, close R beside, step L diagonal forward,
 5&6 Swiveling L heel to the R, touch R together, swiveling L toe to the R, touch R heel next to L,
 Swiveling L heel to the R, touch R together
 & Swiveling L toe to the R, touch R heel next to L,
 7&8 Step R to right side, close L beside, step R to right side,

[9-16] Coaster step, step forward, ¼ turn L, cross, ¼ turn R clap hands, ½ turn R clap hands, mambo step,

1&2 Step L back, close R beside, step L forward,
 3&4 Step R forward, ¼ turn L, cross R over L, (03:00)
 5& ¼ turn R stepping L back clap hands, (06:00)
 6& ½ turn R stepping R forward clap hands (12:00)
 7&8 Rock L forward, recover onto R, step L beside,

[17-24] Toe struts backwards, coaster step, charleston,

1& Step R toe back, drop R heel,
 2& Step L toe back, drop L heel,
 3&4 Step R back, step L beside, step R forward,
 5&6 Sweep L out & around to touch in front of R (turn both heels in), turn both heels out, sweep L
 out & around to step L behind R (turn both heels in)
 & Turn both heels out,
 7&8 Sweep R out & around to step R behind L (turn both heels in), turn both heels out, sweep R
 out & around to touch in front of R (turn both heels in),
 & Turn both heels out,

[25-32] Toe struts, coaster step, shuffle ½ turn L, coaster step,

1& Step L toe across R, drop L heel,
 2& Step R toe back, drop R heel,
 3&4 Step L back, step R beside, step L forward,
 5&6 ¼ turn L stepping R to R side, close L beside, ¼ turn L stepping R back, (06:00)
 7&8 Step L back, step R beside, step L forward,

Part D

[1-8] Walk R,L, mambo step, walk backwards L,R, sailor step ¼ turn L,

1-2 Step R forward, step L forward,
 3&4 Rock R forward, recover onto L, step R beside,
 5-6 Step L back, step R back,
 7&8 ¼ turn L cross L behind R, step R to R side, step L forward,(03:00)

[9-16] Walk R,L, mambo step, walk backwards L,R, sailor step ¼ turn L,

1-2 Step R forward, step L forward,
 3&4 Rock R forward, recover onto L, step R beside,
 5-6 Step L back, step R back,
 7&8 ¼ turn L cross L behind R, step R to R side, step L forward,(12:00)
