

Stone Rollin'

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Ultra Beginner
编舞者: Irene Groundwater (CAN) - October 2011
音乐: Stone Rollin' - Raphael Saadiq : (CD: Stone Rollin')



Intro: 32 counts

[1-8] ROCK STEP, BACK COASTER, ROCK STEP, BACK COASTER

1-2-3&4 R forward, L back, R back, Step L beside R, R forward

5-6-7&8 L forward, R back, L back, Step R beside L, L forward

(Option - Cts 3&4 - Roll Hands in front of body fwd - R over L)

(Option - Cts 7&8 - Roll Hands in front of body fwd - L over R)

[9-16] TOUCH FWD, STEP FWD SHAKING BODY (X 4)

1-2 Touch R Ball forward, Switch weight to R shaking body forward

3-4 Touch L Ball forward, Switch weight to L shaking body forward

5-6-7-8 Repeat counts 1 to 4 shown directly above)

(Option - Skate slowly fwd x 4 crossing feet in front of each other- R-L-R-L))

(Option - Cts 1-2 - Twirl hands right in small circles, Cts3-4 - Twirl hands left)

(Option - Cts 5-6-7-8 - Repeat Hands movements in Cts 1-2-3-4)

[17-24] BACK SHUFFLES (X 4)

1&2 R back, Step L beside R

(Option - Lock L over R), R back

3&4 L back, Step R beside L

(Option - Lock R over L). L back

5&6-7&8 Repeat counts 1 to 4 shown directly above.

(Option - Raise hands overhead for back shuffles.)

(Option - (Back, Touches) x 4 - starting with R foot.)

[25-32] SIDE SHIMMY (3 CTS), TOUCH, ¼ TURN R w. SIDE SHIMMY (3 CTS), TOUCH

1-2-3-4 Side step R and shimmy 3 counts, Touch L Ball beside R instep

5-6-7 Pivot ¼ turn right on R Ball and shimmy left for 3 counts,

8 Touch R Ball beside L instep

BEGIN AGAIN.