

Rolling Thunder

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner / Low Improver
编舞者: Karl-Harry Winson (UK) - October 2011
音乐: Give My Heart a Rest - Rodney Crowell : (Album: Let the Picture Paint Itself / Jewel of The South)



Intro: 32 Counts (Start on Vocals) Track BPM: 172 (Choreographed at: 86 BPM)

Walk forward X2. Right Mambo Step. Back-Lock-Step. Sailor 1/4 turn Right.

1 – 2 Walk forward on Right. Walk forward on Left.
3&4 Rock forward on Right. Recover weight back on Left. Step back on Right.
5&6 Step back on Left. Lock Right in front of Left. Step back on Left.
7&8 Cross Right behind Left. Step Left beside Right making 1/4 Right. Step forward on Right 3.00

Left Rumba Box. Left Coaster Step. Step 1/2 Step.

1&2 Step Left to Left side. Close Right beside Left. Step forward on Left.
3&4 Step Right to Right side. Close Left beside Right. Step back on Right.
5&6 Step back on Left. Step Right beside Left. Step Left forward.
7&8 Step Right forward. Pivot 1/2 turn Left. Step Right forward 9.00

Heel-Hook. Heel-Flick. Left shuffle. Heel-Hook. Heel-Flick. Right Shuffle.

1&2& Dig Left heel forward. Hook Left across Right. Dig Left heel forward. Flick Left foot behind.
3&4 Step Left forward. Close Right beside Left. Step forward on Left.
5&6& Dig Right heel forward. Hook Right across Left. Dig Right heel forward. Flick Right foot behind.
7&8 Step Right forward. Close Right beside Left. Step forward on Right.

Left Mambo Step. Coaster Step. Step Pivot 1/2 turn. Step 1/2 Step.

1&2 Rock Left forward. Recover weight on Right. Step Left back.
3&4 Step back on Right. Step Left beside Right. Step forward on Right.
5 – 6 Step Left forward. Pivot 1/2 turn Right 3.00
7&8 Step Left forward. Pivot 1/2 turn Right. Step forward on Left 9.00

Start Again!
