

Rock It Easy

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Beginner - ECS
编舞者: Ronald "RONNIE" Grabs (DE) - March 2007
音乐: Don't Rock the Jukebox - Alan Jackson



And every other medium tempo East Coast Swing Music

SIDE TRIPLE / BACK ROCK STEP / SIDE TRIPLE / BACK ROCK STEP

1&2 step right side on right foot, step left foot together, step right side on right foot,
3,4 rock left behind right foot, recover weight on right foot,
5&6 step left side on left foot, step right foot together, step side left on left foot,
7,8 rock right behind left foot, recover weight on left foot,

SHUFFLE / ROCK-RECOVER 1/4 TURN L / SIDE TRIPLE / BACK ROCK-RECOVER

1&2 step forward on right foot, step left foot together, step forward on right foot,
3,4 rock forward on left foot, recover weight on right foot turning 1/4 to left,
5&6 step left side on left foot, step right foot together, step left side on left foot,
7,8 rock right behind left foot, recover weight on left foot,

4 WEAVE / SIDE ROCK-RECOVER / CROSS SHUFFLE

1,2,3,4 step right side on right foot, step left behind right foot, step right side on right foot, cross step
left in front right foot,
5,6 rock right foot to right side, recover weight on left foot,
7&8 cross step right in front left foot, step left foot to left side, cross step right in front left foot,

4 WEAVE / SIDE ROCK-RECOVER / CROSS SHUFFLE

1,2,3,4 step left side on left foot, step right behind left foot, step left side on left foot, cross step right
in front left foot,
5,6 rock left foot to left side, recover weight on right foot,
7&8 cross step left in front right foot, step right foot to right side, cross step left in front right foot,

REPEAT
