

Rock Me

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Donna Manning (USA) & LeAnne Lesmeister (USA) - March 2013
音乐: Wagon Wheel - Darius Rucker : (The Old Crow Medicine Show or Nathan Carter's version will work)



[1-8] Left Rocking Chair, Step L Forward, R Together, Step L Forward, Pause

1-2 Left Rock Forward, Recover on Right
3-4 Left Rock Back, Recover on Right
5-6 Left Forward Step, Right Step Together
7-8 Left Forward Step, Pause

[9-16] Right Forward Rock, Right Side Rock, Behind, Side, Cross, Sweep

1-2 Right Rock Forward, Recover on Left,
3-4 Right Side Rock, Recover on Left
5-6 Right Step Behind Left, Left Step to Side
7-8 Right Step Across Left, Left Sweep back to front

[17-24] 8 Count Toe/Heel Strut Left Jazz Box with a ¼ Turn L

1-2 Touch Left Toes Across Right, Drop Left Heel
3-4 Touch Right Toes Back, Drop Right Heel
5-6 ¼ Turn L Touch Left Toes Side, Drop Left Heel
7-8 Touch Right Toes Across Left, Drop Right Heel

[25-32] Left Grapevine with Scuff, Right Grapevine with Scuff

1-2 Left Step to Side, Step Right Behind Left
3-4 Left Step to Side, Scuff Right Forward
5-6 Right Step to Side, Step Left Behind Right
7-8 Right Step to Side, Scuff Left Forward

NOTES: All steps are full count – no syncopation.

HAVE FUN!

Please do not alter this step sheet in any way.

If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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Contact: www.dancinfree.com
