

Long Live Rock & Roll

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate - Polka
编舞者: Bernhard Wulff (DE) - August 2014
音乐: Long Live Rock & Roll - Daughtry



[1 – 8] Shuffle Diagonal, Chasse Left, Heeljacks L + R

- 1 & 2 RF step forward diagonal right (1:30), Step LF next to RF, RF step forward
3 & 4 LF step left 1/8 turn right (3 o'clock), Step RF next to LF, LF step side left
5 & 6 & RF step behind LF, LF step side left, Touch right Heel diagonal forward (r), RF step next to LF
& 7 & 8 & Cross LF over RF, RF step side right, Tough left Heel diagonal forward (l), LF step next to right

[9 – 16] Cross Rock Chasse Side R + L

- 9 – 10 Cross RF over LF with weight on RF, Weight change back to LF
11 & 12 RF step side right, LF step next to RF, RF step side right
13 – 14 Cross LF over RF with weight on LF, Weight change back to RF
15 & 16 LF step side left, RF step next to LF, LF step side left

[17 – 24] Touch, Turn, Shuffel Forward L + R, Rock Step

- 17 – 18 Touch Right Toe behind LF, ½ turn right with weight on right (9 o'Clock)
19 & 20 LF step forward, RF step next to LF, LF step forward
21 & 22 RF step forward, LF step next to RF, RF step forward
23 – 24 LF step forward with weight on LF, Weight change back to RF

[25 – 32] Shuffle-Turn 2 X ½, Coaster Step, Step Forward R + L

- 25 & 26 LF step back with ¼ turn left, RF step next to LF, LF step back with ¼ turn left (3 o'Clock)
27 & 28 RF step back with ¼ turn left, LF step next to RF, RF step back with ¼ turn left (9 o'Clock)
29 & 30 LF step Back, RF step next to left, LF step forward
31 – 32 RF step forward, LF step forward

TAGS: After Walls 3 / 6 & 9

[1 – 8] □ Side-Rock, Behind-Side-Cross R + L

- 1 – 2 RF step side right with weight on RF, Weight change back to LF
3 & 4 RF step behind LF, LF step side left, RF cross over LF
5 – 6 LF step side left with weight on LF, Weight change back to RF
7 & 8 LF step behind RF, RF step side right, LF cross over RF

Tag B: Music Slows Down After Wall 7

[1 – 8] □ Side-Rock, Behind-Side-Cross R + L

- 1 – 2 RF step side right with weight on RF, Weight change back to LF
3 & 4 RF step behind LF, LF step side left, RF cross over LF
5 – 6 LF step side left with weight on LF, Weight change back to RF
7 & 8 LF step behind RF, RF step side right, LF cross over RF

[9 – 18] Step ½ Turn Left 2x, Jazzbox, Step ¼ Turn Left

- 9 – 10 RF step forward, ½ turn left with weight on LF
11 – 12 RF step forward, ½ turn left with weight on LF
13 – 14 Cross RF over LF, LF step back
15 – 16 RF step side, LF step forward
17 – 18 RF step forward, ¼ left with weight ob LF

Contact: tanzvirus2005@yahoo.de

