

Rock & Roll King

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Rachael McEnaney (USA) - December 2014
音樂: Rock and Roll Is King - Electric Light Orchestra : (iTunes)



Count In: 32 counts from start of track, Begin on vocals Approx 160 bpm

Notes: Thank you to my daddy for suggesting the track.

Tags: There are 2x 4 count tags after 32 counts (toe struts) on walls 3 and 6, see notes below.
Also, on the 8th wall the music stops for 1 or 2 counts – KEEP DANCING all the way until the end.

[1 – 8] L side, R together, L side, R touch, R side, L touch, L side, R touch

1 2 3 4 Step L to left side (1), step R next to L (2), step L to left side (3), touch R next to L (4) 12.00
5 6 7 8 Step R to right side (5), touch L next to R (6), step L to left side (7), touch R next to L (8)
12.00

[9 – 16] R side, L together, ¼ turn R, ½ turn R with L hitch, L back, ½ turn R with R hitch, R fwd, L hitch

1 2 Step R to right side (1), step L next to R (2), 12.00
3 4 Make ¼ turn right stepping forward R (3), make ½ turn right on ball of R as you hitch L knee
(4) 9.00
5 6 Step back L (5), make ½ turn right on ball of L as you hitch R knee (6) 3.00
7 8 Step forward R (7), hitch L knee (8) 3.00

[17 – 24] L fwd mambo, hold, R back rocking chair

1 2 3 4 Rock forward L (1), recover weight R (2), step back L (3), hold (4) 3.00
5 6 7 8 Rock back R (5), recover weight L (6), rock forward R (7) recover weight L (8) 3.00

[25 – 32] R back toe strut, L back toe strut, R back toe strut, L back, R together

1 2 3 4 Touch R toe back (1), drop R heel to floor (2), touch L toe back (3), drop L heel to floor (4),
3.00
5 6 7 8 Touch R toe back (5), drop R heel to floor (6), step back L (7), step R next to left (8) 3.00

TAGS:-

Wall 3 begins facing 6.00, do the 4 count tag below then Restart facing 9.00

Wall 6 begins facing 3.00, do the 4 count tag below then Restart facing 6.00

1-4 Step forward L (1), clap hands twice (2&), step forward R (3), clap hands (4)

[33 – 40] L shuffle fwd, R brush, ¼ turn R with clap, ½ turn L with clap

1 2 3 4 Step forward L (1), step R next to L (2), step forward L (3), brush R next to L (4) 3.00
5 6 Make ¼ turn right stepping forward R (slightly bent knee) (5), clap hands (6),

Note: The next step is ½ turn left so this is only a slight turn to right – you could think of it as a step to right side and clap hands to right. [6.00]

7 8 Make ½ turn left stepping forward L (slightly bent knee) (7), clap hands (8) 12.00

[41 – 48] R stomp (toe in), R toe fan out-in-out, L stomp across R, L side, R stomp across L, R side

1 2 Stomp forward R (slight bent R knee and turn R toe in) (1), fan R toe out to right side (2)
12.00
3 4 Fan R toe in towards L (3), fan R toe out to right side (weight needs to be on right) (4) 12.00
5 6 Stomp L forward and slightly across R (5), step L to left side (6), 12.00
7 8 Stomp R forward and slightly across L (7), step R to right side (8) 12.00

[49 – 56] L fwd, ½ turn R with shoulder shimmy, R lock step fwd, hold (or brush)

1 2 3 4 Step forward L (1), make ½ turn right as you shimmy shoulders for 3 counts (weight remains on L) (2,3,4) 6.00
5 6 7 8 Step forward R (5), step L next to R (slightly behind R) (6), step forward R (7), hold (or brush L) (8) 6.00

[57 – 64] L jazz box with ¼ turn L, L weave (L side, R behind, L side, R cross)

1 2 3 4 Cross L over R (1), make ¼ turn left stepping back R (2), step L to left side (3), cross R over L (4) 3.00
5 6 7 8 Step L to left side (5), cross R behind L (6), step L to left side (7), cross R over L (8) 3.00

START AGAIN - HAPPY DANCING

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.

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