

Rock Therapy

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Higher Intermediate ECS
編舞者: Lilian Lo (HK) - January 2015
音樂: Rock Therapy - Dick Brave & The Backbeats : (Album: Rock'n'Roll Therapy)



Sequence : AB AB CB AB CB AB CB

Count in: Start the dance with Part A facing the back wall at the word 'Don't' when the vocal goes, "Well...I DON'T need a doctor...I don't need a pill..."

Part A -16 counts

A (1 – 8) RF out LF out, hold, RF, LF in place, slap thigh, LF in, RF in

&1 2 3 4 Step RF to side (&), step LF to side, slapping the front of thighs with both hands, fingers wide apart (1), hold (2, 3, 4)

&5 6&7 8 Step RF in place (&), step LF in place, thrusting hips fwd, extending arms to sides (5), hold (6), step RF in (&)close LF next to RF, pushing hips back, lowering and putting hands one on top of the other in front (7), hold (8)

A (9 -16) Twist R, twist L, replace

1 2 3 4 Twist R knee out in out keeping weight on LF (1, 2, 3), replacing on RF (4)

5 6 7 8 Twist L knee in out in keeping weight on RF (5, 6, 7), replacing on LF (8)

Part B – 32 counts

B (1 – 8)□ Rock R back, chasse R, rock L back, chasse L, ½ R

1 2 3&4 Rock R back (1), replace on LF (2), step RF to side (3), close LF next to RF (&), step RF to side (4)

5 6 7&8& Rock L back (5), replace on RF (6), step LF to side (7), close RF next to LF (&), step LF to side (8) make ½ turn R (&)

B (9 – 16)□Chasse R, ½ L chasse L, kick x 2, sailor step

1&2&3&4 Step RF to side (1), close LF next to RF (&), step RF to side (2), make ½ turn L (&), step LF to side (3), close RF next to LF (&), step LF to side (4)

5 6 7&8 Kick RF diagonally L (5), kick RF to side (6), step RF behind LF (7), step LF to side (&) step RF to R slightly diagonally fwd (8)

B (17 – 24) Hold, close, point, coaster step, box ¼ L shimmying shoulders

1&2 3&4 Hold (1), close LF next to RF (&), point RF to side (2), step RF back (3), close LF next to RF (&), step RF fwd (4)

5 6 7 8 Cross LF over RF (5), step RF diagonally back (6), make ¼ L turn, stepping LF to side (7), Cross RF over LF (8), shimmying shoulders on count 5 - 8, 9.00

B (25 – 32) Side tap LF, step LF, snapping R fingers, cross tap RF, step RF, snapping fingers, side tap LF, step LF, snapping fingers, ¼ L, step RF LF

1 2 3 4 Tap LF to side (1), step LF, snapping R fingers (2), tap RF crossing over LF (3), step RF, snapping R fingers (4) 9.00

5 6 7 8 Tap LF to side (5), step LF, snapping R fingers (6), make ¼ L turn, stepping RF in place (7), close LF next to RF (8) 12.00

Part C – 16 counts

C (1 – 8)□ American Spin

1 2 3a4 Rock R back (1), replace on LF (2), make 1/8 turn R, stepping RF fwd (3), close LF next to RF(a), step RF fwd (4),

5a6 7 8 Make ¾ turn R, stepping LF slightly to L (5), make 1/8 turn L, closing RF next to LF (a), step LF to side (6), rock R back (7), replace on LF (8)

C (9 – 16) Toe heel swivel x 2, hold, ball change

1 2 3 4 Tap RF next to LF (1), tap R heel to side (2), cross RF over LF, swiveling LF (3), tap LF next to RF (4)
5 6 7&8 tap L heel next to side (5), cross LF over RF, swiveling RF (6), hold (7), step RF back (&), replace on LF(8)

Optional ending: Facing the front wall, at the end of B, drop count 31 and 32. Replace them with step RF to side and step LF to side while raising arms up high and bringing them slowly down to the side, flapping both hands.

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