

Rock A Billy Rock (搖滾比利) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Francien Sittrop (NL) - 2009年10月
音樂: Rock a Billy - Guy Mitchell : (2:14)



前奏 : Intro: Start after 16 counts on Vocals

第一段 Toe Struts x2, ¼ R with Lockstep, Scuff 趾踵步二次, 右1/4帶鎖步, 擦踢

- 1-2 趾 踵 Step on R toe to R side , Drop Heel
右足趾右點, 右足踵踏
- 3-4 趾 踵 Step on L toe across R , Drop Heel
左足趾於右足前交叉點, 左足踵踏
- 5-6 ¼ Turn R step R fwd, Lock L behind R (3.00)
右90 後鎖 右轉90度右足前踏, 左足於右足後鎖踏(面向3點鐘)
步
擦踢 Step R fwd, Scuff L fwd
7-8 右足前踏, 左足前擦踢

第二段 Rocking Chair, Rock, ¼ Recover, Cross, Hold 搖椅步, 下沉, 1/4回復, 交叉, 候

- 1-2 Rock on L heel fwd, Recover on R
Rocking 左足踵前下沉, 右足回復
chair
3-4 Rock L back, Recover on R
左足後下沉, 右足回復
- 5-6 Rock L fwd, ¼ Turn R (6.00)
前下沉 左足前下沉, 右轉90度(面向6點鐘)
右90
- 7-8 Step L across R, Hold
交叉 停 左足於右足前交叉踏, 候

第三段 Dwight Swivels with Kick, Behind, Side, Cross, Hold 趾踵轉帶踢, 後, 側, 交叉, 候

- 1-2 點 點 Swivel L Heel R touching R Toe Beside L, Swivel L Toe R Touching L heel Diag fwd
左足踵旋轉右足趾併點, 左足趾旋轉右足於左足踵斜前點
- 3-4 點 踢 Swivel L Heel R touching R Toe Beside L, Kick R fwd
左足踵旋轉右足趾併點, 右足前踢
- 5-6 後 旁 Step R behind L , Step L to L side
右足於左足後踏, 左足左踏
- 7-8 前 停 Step R across L , Hold
右足於左足前交叉踏, 候

第四段 Rock, ¼ Turn R, Stomp, Stomp, Knee Pops (or Hip Bumps) 下沉, 右1/4, 重踏, 重踏, 膝彈(或推臀)

- 1-2 Rock L to L side, ¼ Turn R (9.00)
左下沉 左足左下沉, 右轉90度右足回復(面向9點鐘)
右90
- 3-4 Stomp L fwd, Stomp R next to L (15 cm from each other)
重踏 重踏 左足前重踏, 右足併重踏(雙足分開15公分)

5-8 膝彈 Knee Pops (listen to the music for the Knee Pops. During The Odd walls 2 Knee Pops and the Even walls 4 Knee Pops)
膝彈(配合音樂節拍, 單數面牆時做兩次, 偶數面牆時做四次)
Option for knee pops: Hip bumps 膝彈可換成推臀

TAG: AFTER Wall 3 & 5 & 7 第三,五,七面牆結束時加16拍

Monterey's (½ Turn) 蒙特瑞轉

1-2 點 Touch R to R side, ¼ Turn R step R next to L
右90 右足右點, 右轉90度右足併踏
3-4 點 併 Touch L to L side, Step L next to R
左足左點, 左足併踏
5-8 重覆 Same as count 1 – 4 重覆第1-4拍

**Monterey's (½ Turn), Stomp, Hold
蒙特瑞轉, 重踏, 候**

1-2 點 Touch R to R side, ¼ Turn R step R next to L
右90 右足右點, 右轉90度右足併踏
3-4 點 併 Touch L to L side, Step L next to R
左足左點, 左足併踏
5-6 點 Touch R to R side, ¼ Turn R stomp R next to L
右90 右足右點, 右轉90度右足併重踏
7-8 重踏 Stomp L , Hold (weight ends on L)
停 左足重踏, 候(重心在左足)

Ending: Last wall is on the 6.00 wall. Start with the 2 toe struts , then ¼ R with R stomp, ¼ R with L stomp
結束 : 面向6點鐘, 趾踵步二次, 右轉90度右足重踏, 右轉90度左足重踏
