

Rock Me - ABBA

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Adrian Helliker (FR) & Annemaree Sleeth (AUS) - March 2015
音樂: Rock Me - ABBA : (Album: ABBA - iTunes - 3:03)



Intro : 32 counts - No Tags No Restarts

SEC 1: DIAGONAL FWD & BACK STEP TOUCHES x2, SIDE TOUCH, ¼ TURN L FORWARD, SCUFF FWD

1-2 Step forward right at 45 degree angle, touch left next to right,
3-4 Step back left at 45 degree angle, touch right next to left / optional claps on touches
5-6 Step right to right side, touch left beside right
7-8 ¼ turn left stepping left forward, scuff right forward (9:00)

SEC 2: V STEP, STEP ½ PIVOT LEFT X2

1-2 Step R diag forward, step L diag forward,
3-4 Step R diag back , step L together
5-6 Step R forward, ½ pivot L (Facing 3.00)
7-8 Step R forward, ½ pivot L (Facing 9.00)

SEC 3: TOE STRUTS FORWARD, ROCKING CHAIR

1-2 Step forward right toes, drop R heel
3-4 Step forward left toes, drop L heel
5-6 Step right forward, recover L
7-8 Step left back, recover L (Facing 3:00)

SEC 4: VINE, TOGETHER, PADDLE TURNS 1/8, 1/8

1-2 Step R side, cross L behind R,
3-4 Step R side , step L together
5-6 Step R forward, 1/8 pivot L (Facing 4.30)
7-8 Step R forward, 1/8 pivot L (Facing 6.00)

ENDING FACING 6.00 Dance 13 counts and change count 14 to ¼ pivot L, step R together

SECT 2 : ----

1-2 Step R diag forward, step L diag forward,
3-4 Step R diag back , step L together
5-6 Step R Forward, CHANGE ½ Pivot L to- ¼ PIVOT L Step R together (Facing 12.00)

Contacts:-

Annemarees' email inlinedancing@gmail.com website www.inlinedancing.webs.com

Adrians' email adrianhelliker@aliceadsl.fr