

I'm ROCK & ROLL

COPPERKNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Davide Donati, Sabrina Di Mario (IT) & Elena Cattaneo - June 2015
音樂: I'm ROCK & ROLL by D.Donati



Sequenza: A,B, A,B, C, C,C,B, A,B,B – Start dancing on lyrics

“PARTE A”

A1: JUMP BACK KICK LEFT, RECOVER, STOMP RIGHT, STOMP LEFT, POINT RIGHT BACK AND TURN ½ BACK, POINT LEFT AND TURN ½ BACK

1-2-3-4 jump right back and kick left forward, recover, stomp right, stomp left,
5-6-7-8 point toe right back and turn ½ back, point toe left forward and turn ½ back

A2: JUMP BACK, KICK LEFT, STOMP RIGHT, STOMP LEFT, POINT RIGHT FORWARD AND TURN ½ FORWARD, POINT LEFT AND TURN ½ FORWARD,

1-2-3-4 jump right back, kick left forward, stomp right, stomp left
5-6-7-8 point toe right forward and turn ½ forward, point toe left back and turn ½ forward

A3: SIDE SHUFFLE RIGHT, CROSS BACK, LEFT GRAPEVINE, STOMP RIGHT

1e2-3-4 shuffle right to side right-left-right, cross left behind right and recover
5-6-7-8 step left to side, cross right behind, step left to side, stomp right together

A4: MONTEREY ½ TURN, MONTEREY ½ TURN

1-2-3-4 touch right side, turn ½ right and step right together, touch left side, step left together
5-6-7-8 touch right side, turn ½ right and step right together, touch left side, step left together

“PARTE B”

B1: KICK RIGHT, ROCK BACK, BODY ROLL, TOE STRUTT LEFT BACK, TOE STRUTT RIGHT BACK

1-2-3-4 right kick forward, step right back, body roll right to left
5-6-7-8 point toe left back and lower left heel, point toe right back and lower right heel

B2: ROCKING CHAIR, STEP LEFT TO SIDE, TURN ¼ AND KICK RIGHT, COASTER STEP

1-2-3-4 rock left back, recover to right, rock left forward, recover to right
5-6-7e8 step left to side, turn ¼ to right and kick right, right coaster step

B3: STEP DIAGONAL LEFT AND RECOVER, COASTER STEP, STEP DIAGONAL RIGHT AND RECOVER, COASTER STEP

1-2-3e4 step diagonal left, recover to right, left coaster step
5-6-7e8 step diagonal right, recover to left, right coaster step

B4: JAZZ BOX, RIGHT KICK, RIGHT BRUSH, RIGHT FLICK, TURN ½ TO RIGHT, STEP RIGHT

1-2-3-4 cross left over, step right back turn ¼ to left, step to left and stomp right
5-6-7-8 right kick, right brush and right flick, turn ½ to right, touch right together

“PARTE C”

C1: DIAGONAL STEP LOCK STEP RIGHT, SCUFF, DIAGONAL STEP LOCK STEP LEFT, STOMP

1-2-3-4 diagonal forward step lock step right, scuff
5-6-7-8 diagonal forward step lock step left, stomp

C2: DIAGONAL BACK STEP LOCK STEP RIGHT, STOMP, DIAGONAL BACK STEP LOCK STEP LEFT, STOMP

1-2-3-4 diagonal back step lock step right, stomp
5-6-7-8 diagonal back step lock step left, stomp

C3: SHUFFLE RIGHT TO SIDE,CROSS BACK LEFT,SHUFFLE LEFT TO SIDE,CROSS BACK RIGHT

1e2-3-4 shuffle right to side right left right, cross back left and recover

5e6-7-8 shuffle left to side left right left, cross back right and recover

C4: STEP RIGHT FORWARD,TURN ½ ,STEP RIGHT FORWARD,TURN ½ ,STOMP RIGHT,STOMP LEFT,CLAP, CLAP.

1-2-3-4 step right forward, turn ½ to left, step right forward, turn ½ to left

5-6-7-8 stomp right, stomp left together, clap, clap

Contact: sabrinadimario@hotmail.it

MUSIC:

https://play.google.com/store/music/album/DAVIDE_DONATI_I_M_ROCK_ROLL?id=Bnm55x33mi5twg2i62gs_pabzbry&hl=it

Last Update - 1st July 2015
