

We B Rockin'

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Pat Newell (USA) - November 2015
音樂: The Rock - Ms. Jody



Senior Dancing Series

#48 in start on vocal - 120 bpm

Learning: Triples, forward and back struts, coaster step, hitches, pivots, rocking chair

TRIPLE , ROCK RECOVER RIGHT - TRIPLE , ROCK RECOVER TO ¼ RIGHT

1&2 3,4 Triple to R, (RLR), rock back on L, recover on R

5&6 7,8 Triple to L (LRL), rock back on R to ¼ wall R, recover on L at 3:00

FORWARD TOE HEELS STRUTS, RIGHT, LEFT, RIGHT, LEFT

*moving slightly forward

1-4 Touch R toe beside L, step down on R heel, Touch L toe beside R, step down on L heel

5-8 touch R toe beside L, step down on R heel, touch L toe beside R, step down on L heel

BACK TOE HEEL STRUTS, RIGHT, LEFT, RIGHT, LEFT

*moving slightly back

1-4 Touch R toe beside L, step down on R heel, touch L toe beside R, step down L heel

5-8 Touch R toe beside L, step down on R heel, touch L toe beside R, step down on L heel

WALK BACK WITH HITCH, STEP BACK COASTER STEP, SCUFF

1-4 Step back R, L, R hitch L

5-6 Step back on L, step together with R, step forward on L scuff right

½ PIVOT LEFT, ¼ PIVOT LEFT, STEP RIGHT, TOUCH LEFT, STEP LEFT TOUCH RIGHT

1-4 Step R fwd, pivot ½ L, (wt on L) 9:00 , step R fwd, pivot ¼ L (wt on L) 6:00

5-8 Step R. touch L beside R, step L touch R beside L

8 COUNT ROCKING CHAIR

1-4 Rock R fwd, recover on L, rock R back, recover on L

5-8 Rock R fwd, recover on L, rock R back, recover on L 6:00

DANCE FOR THE HEALTH OF IT

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Site Update – 18th Nov. 2015