

Rock This Factor

COPPER KNOB
BYEPOSTETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Daniel Whittaker (UK) & Simon Ward (AUS) - November 2015
音樂: Always On My Mind (feat. Big Ali & Mohamed Lamine) - DJ Idsa : (iTunes)



If you have any problems obtaining music please contact either Daniel or Simon on the emails above or via Facebook

START: Start on vocals (64 Count Intro), Section Footwork description Facing - No Tags, No Restarts

[1-8] Cross over, side, back rock, ball cross, side, Sailor step

- 1-2 Cross right over left, step left to left side 12:00
- 3-4 Turning to face right diagonal rock right back, Recover weight forward on left 01:00
- &5-6 Turn to face 12:00 wall and step right to right side, cross left over right, step right to right side 12:00
- 7&8 Step left behind right, step right to right side, make ¼ turn left stepping left forward 09:00

[9-16] Right samba step, Left samba step, diagonal rock step walk back right-left

- 1&2 Step right over left, rock left to left side, recover weight on right 09:00
- 3&4 Step left over right, rock right to right side, recover weight on left at the same time turn to face 7:30 07:30
- 5-6 Rock right forward, recover weight on left 07:30
- 7-8 Walk back right-left 07:30

[17-24] Step back, touch (Style), forward point, cross over, side, sailor step ¼ turn

- 1-2 Step right foot back, touch left toe slightly forward 07:30

NOTE To add style to counts 1-2 you need to bring right shoulder back and naturally your body will face 9:00 wall

(Think of the dance "All I Can Say")

- 3-4 Step left foot forward turning 1/8 left to face 6:00 wall, point right to right side 06:00
- 5-6 Step right foot over left foot, step left to left side 06:00
- 7&8 Step right behind left, step left to left side, make ¼ turn right stepping right foot forward 09:00

[25-32] Walk forward left, right, shuffle, rock step, shuffle ½ turn

- 1-2 Walk forward left-right 09:00
- 3&4 Shuffle forward L-R-L 09:00
- 5-6 Rock right foot forward, recover weight on left 09:00
- 7&8 Shuffle ½ turn right stepping R-L-R 03:00

[33-40] ½ turn walk back Left, Right, Coaster cross, Side rock, Behind-side-cross

- 1-2 Make a further ½ turn right to face 9:00 wall and walk back left, right 09:00
- 3&4 Step left foot back, step right beside left, cross left over right 09:00
- 5-6 Rock right to right side, recover weight on left 09:00
- 7&8 Step right behind left, step left of left side, cross right over left 09:00

[41-48] Side rock, cross shuffle, side hold, ball-step, ball-step ¼ turn

- 1-2 Rock left to left side, recover on right foot slightly turning body slightly right 09:00
- 3&4 Cross left over right, step right to right side, cross left over right 09:00
- 5-6 Step right to right side, hold (Styling with left hip to left) 09:00
- &7&8 Step left next to right, step right to right side, step left next to right, step right to right making ¼ turn right 12:00

[49-56] Step ½ turn, step forward, point right out-forward-out, sailor step

- 1-4 Step left foot forward, make ½ turn right, step left foot forward, touch right to right side 06:00
5-6 Touch right toe forward, touch right toe to right side 06:00
7&8 Step right behind left, step left to left side, step right to right side 06:00

[57-64] Cross over ¼ turn, back-lock-back, rock step, ½ turn, ¼ turn

- 1-2 Cross left over right, make ¼ turn left stepping right back 03:00
3&4 Step left foot back, cross right over left, step left foot back 03:00
5-6 Rock right foot back, recover weight on left foot 03:00
7-8 Make ½ turn left stepping right foot back (09:00), make ¼ turn left steppin left foot to left side (06:00) 06:00

ENDING To end this dance facing the front wall you will dance up to count 6 on section 4 (25-32) make a further ¼ turn right and stepping left to left side to face front wall Da-Daaaa!

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