

A Little More Rock N' Roll

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Annette Maidment (UK) - November 2016
音樂: A Little Rock N' Roll - Johnathan East : (Album: One Horse Town - iTunes)



Start on Vocals, 14 counts from first heavy beat of intro.

Section 1: □Point, Touch, Heel Dig, Touch, Back Right Mambo, Hold

1,2,3,4 Point right toe to right side, touch next to left, right heel dig forward, touch next to left.
5,6,7,8 Rock back on right, recover weight on left, step forward on right, hold.

Section 2: □Point, Touch, Heel Dig, Touch, Back Left Mambo, Hold

1,2,3,4 Point left toe to left side, touch next to right, left heel dig forward, touch next to right.
5,6,7,8 Rock back on left, recover weight on right, step forward on left, hold.

Section 3: □Forward Right Mambo, Hold, Back Left Mambo, Hold.

1,2,3,4 Rock forward on right, recover weight on left, step back on right, hold.
5,6,7,8 Rock back on left, recover weight on right, step forward on left, hold.

Section 4: □Toe Strut ¼ Turn Left x 4

1,2,3,4 Step forward on right toe heel turning a ¼ left, step forward on left toe heel turning a ¼ left.
5,6,7,8 Step forward on right toe heel turning a ¼ left, step forward on left toe heel turning a ¼ left.

Section 5: □Right Mambo, Hold, Left Coaster, Hold

1,2,3,4 Rock forward on right, recover weight on left, step back on right, hold.
5,6,7,8 Step back on left, step right next to left, step left forward, hold.

Section 6: □Rock ¼ Step Forward, Hold, Mambo Half Turn, Hold □ □

1,2,3,4 Rock right to side, recover on left turning a ¼ left, step right forward, hold.
5,6,7,8 Rock forward on left, recover weight on right, ½ turn left stepping forward on left, hold.

Section 7: □Step Pivot Half Turn Step, Hold, Left Strut, Right Strut

1,2,3,4 Step forward on right, pivot half turn left, step forward on right, hold.
5,6,7,8 Step forward left toe heel, step forward right toe heel.

Section 8: □Left Heel Hook x 2, Step ¼ Cross, Hold

1,2,3,4 Dig left heel forward, hook in front of right x2
5,6,7,8 Step forward on left turning a ¼ right, cross left over right, hold.

Contact: dancaholic@hotmail.co.uk