

Old Time Rock

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Newcomer
編舞者: Belén Márquez (ES) - March 2017
音樂: Old Time Rock & Roll - Michael Bolton



Intro: The dance begins when he says "off the shelf" and the music starts

CROSS, BACK, SIDE, SHUFFLE DIAGONAL FORWARD, POINT, POINT, CROSS SHUFFLE DIAGONAL FORWARD

1-2-3 Cross Right over Left, Step Left back, step Right side
4&5 Shuffle diagonally left forward (left-right-left)
6-7 Point Right Toe diagonally left forward, Point Right Toe diagonally Right back
8&1 Cross Shuffle (right-left-right) diagonally left forward

STEP TURN, TRAVELLING PIVOT, POINT, POINT, SAILOR STEP 1/8 TURN LEFT

2-3 Step Left diagonally Left forward, turn ½ right (in opposit diagonally)
4-5 Turn ½ Right and step Left back, Turn ½ right and step right forward
6-7 Point Left Toe forward, Point left Toe to side
8&1 Sailor Step (Left-right-left) and turn 1/8 left (15.00)

PADDLE ¼ LEFT X2, OUT-OUT (WITH HIP ROLLS), HOP BACK X2

2-3 Step right forward, Turn ¼ left (12.00)
4-5 Step right forward, Turn ¼ (9.00)
6-7 Step Right side with hip roll, step Left side with hip roll
8-1 Hop back for 2 times (with two feet)

SHUFFLE BACK X2, COASTE STEP, STEP

2&3 Shuffle back (Right, Left, right) - turn your body to the Right side
4&5 Shuffle back (left, right, left) – turn your body to the left side
6&7 Step right back, step left together, step right forward
8 Step left forward

REPEAT

Contact: countrylatorre@hotmail.es