

Rock Around The Clock

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數:
編舞者: Kerly Luige (EST) - 2005
音樂: Rock Around The Clock - Elvis Presley



Shuffle, Kick-Step, Kick-Step, Kick-Step

1&2 Step forward with right, Step together with left, Step forward with right
3,4 Kick left forward, Step back with left
5,6 Kick right forward, Step back with right
7,8 Kick left forward, Step back with left

Shuffle, Rock-Step, Shuffle, Rock-Step

1&2 Step right to right side, Step together with left, Step right to right side
3,4 Rock left back, Recover weight on right
5&6 Step left to left side, Step together with right, Step left to left side
7,8 Rock right back, Recover weight on left

4xTwisting to right

1,2 Step right to right side with toe touching the ground and heel up to right, Step right to right side with heel touching the ground and toe up right
3,4 Step right to right side with toe touching the ground and heel up to right, Step right to right side with heel touching the ground and toe up right
5,6 Step right to right side with toe touching the ground and heel up to right, Step right to right side with heel touching the ground and toe up right
7,8 Step right to right side with toe touching the ground and heel up to right, Step right to right side with heel touching the ground and toe up right

- All the time left foot twists along on the ground

Monterey-Turn 1/2, Monterey-Turn 1/2

1,2 Touch right toe to right side, Make 1/2 turn to right on ball on left foot stepping right next to left
3,4 Touch left toe to left side, Step left next to right
5,6 Touch right toe to right side, Make 1/2 turn to right on ball on left foot stepping right next to left
7,8 Touch left toe to left side, Step left next to right

4xToe-Heel Struts

1,2 Step right toe back, Lift weight to right putting right heel on the ground
3,4 Step left toe back, Lift weight to left putting left heel on the ground
5,6 Step right toe back, Lift weight to right putting right heel on the ground
7,8 Step left toe back, Lift weight to left putting left heel on the ground

Shuffle, Rock-Step, Pivot-Turn 1/2, Pivot-Turn 1/4 With Hook

1&2 Step back with right, Step together with left, Step back with right
3,4 Rock left back, Recover weight on right
5,6 Step left forward, Make 1/2 turn to right ending weight on right foot
7,8 Step left forward, Make 1/4 turn to right ending weight on left foot and holding right foot hooked across the left foot