

Rest of My Life

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Claire Bell (UK) - October 2018
音樂: Rest of My Life - Rod Stewart : (Album: Blood Red Roses Deluxe Version)



#40 count intro

Section 1: Side, front, side, flick, grapevine right

1,2 Point right toe to right side, point right toe forward
3,4 Point right toe to right side, flick right behind left
5,6 Step right to right side, step left behind right
7,8 Step right to right side, touch left next to right

(Optional arm movement: On count 4 slap left hand on right foot)

Section 2: Grapevine ¼ left brush, rocking chair

1,2 Step left to left side, step right behind left
3,4 Make ¼ turn left stepping forward on left, brush right forward
5,6 Rock forward on right, recover weight on left
7,8 Rock back on right, recover weight on left

Section 3: Toe strut, rock, recover, toe strut, rock, recover

1,2 Step right toe forward, lower right heel to ground
3,4 Rock forward on left, recover weight on right
5,6 Step left toe back, lower left heel to ground
7,8 Rock back on right, recover weight on left

Section 4: Forward, hold, turn, hold, forward, hold, turn, hold

1,2 Step right forward, hold
3,4 Making ¼ turn left step left forward, hold
5,6 Step right forward, hold
7,8 Making ¼ turn left step left forward, hold

(Optional arm movement: Click fingers on the hold counts)

Ending: 13th. wall: Make 1/8th turns in section 4 to face the front and finish with first 4 counts of section 1.
