

My Rock and Roll Shoes

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: High Beginner
編舞者: Hilda Foo (NZ) - October 2018
音樂: Hang Up My Rock 'n' Roll Shoes - The Nashville Allstars



Intro: 32 to vocals

** This dance was choreographed in conjunction with Pink Ribbon Day for the fundraising event in Wellington on 14/10/18 organised by Lean, Mei, Ruby and Hilda in support of the Breast Cancer Foundation in New Zealand.

#1st Eight: Weave to the right, Cross Rock, rock forward, step side, drag foot

1,2,3,4 Cross L over R, step RF to right, Step LF behind R, step RF to right
5,6, 7,8 Cross LF over R, recover on R, step to the left, touch RF besides L

#2nd Eight: Rock forward, ½ turn R, forward shuffles, Step forward ½ pivot R, forward shuffles

1,2 3&4 Rock RF forward, recover on L, ½ turn right, forward shuffles R L R
5,6, 7&8 Step LF forward, pivot ½ turn R, step RF forward, forward shuffles L R L

#3rd Eight: Jazz box with toe struts

1-8 Cross RF over LF. Step LF back, Step RF to the right, step LF to side

#4th Eight: ¼ turn R vine, Kick forward, Coaster Steps, Step Forward, Touch

1,2, 3 ,4 Step RF to right, LF behind R, ¼ turn R, Step RF forward, Kick LF forward
5&6 7 8 Step LF back, Step RF back, Step LF forward, Step RF forward, touch LF besides RF

#5th Eight: Stomp forward diagonally, walk heels in, toe, heel

1-4 Stomp LF diagonally forward, walk right heel in, toe, heel
5-8 Stomp RF diagonally forward, walk left heel in, toe, heel

#6th Eight: Jazz Box with a cross, Swing Hips L/R

1-4 Cross LF over RF, Step RF Back, Step LF to left, Cross RF over L
5-8 Step to left, swing hips to left right heel forward, step to right, swing hips to right, left heel forward

Restart: After 32 counts of Wall 3

Happy dancing

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