

# My Rock and Roll Shoes

COPPER KNOB  
STEPPERS

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

Contact: [hilda1508@gmail.com](mailto:hilda1508@gmail.com)