

# Rock and Stomp

**COPPER KNOB**  
STEPSHEETS

拍數: 104      牆數: 2      級數: Phrased High Intermediate  
編舞者: Adriano Castagnoli (IT) - April 2019  
音樂: "In The Middle Of All That Trouble Again" by Albert Douglas Meakin



Sequence: AAB AAB AAB\* A

## PART A

### ROCKING CHAIR FORWARD RIGHT, CROSS, STEPS BACK, CROSS

1-2      Rock Forward On Right, Return Onto Left  
3-4      Rock Back On Right, Return Onto Left  
5-6      Cross Right Over Left, Step Left Diagonally Back To Left  
7-8      Step Right Back, Cross Left Over Right

### ROCK RIGHT, KICK, CROSS, ROCK BACK LEFT, STOMP LEFT (TWICE)

1-2      Rock On Right Diagonally Back To Right, Return Onto Left Stepping Back  
3-4      Kick Right Forward, Cross Right Over Left  
5-6      Jumping Rock Back On Left And Kick Right Forward, Return Onto Right  
7-8      Stomp Up Left Beside Right, Stomp Left Forward

### DOUBLE HEEL SWIVELS LEFT, POINT LEFT, BACK, KICK, HOOK

1-2      Swivel Both Heels To Left Side, Return Both Heels To Centre  
3-4      Repeat 1-2  
5-6      Point Left Toe To Left Side, Step Left Back  
7-8      Kick Right Forward, Hook Right Over Left

### 2 KICKS (RIGHT, LEFT), JUMPING CROSS, KICK, CROSS, STEP, ROCK BACK LEFT

1-2      Kick Right Forward, Step Right On Place And Kick Left Forward  
3-4      Jumping Cross Left Over Right, Step Right Back And Kick Left Forward  
5-6      Jumping Cross Left Over Right, Step Right A Little Back  
7-8      Jumping Rock Back On Left And Kick Right Forward, Return Onto Right

### GRAPEVINE LEFT, SCUFF, ROCK FORWARD RIGHT, STEP RIGHT BACK, HOLD

1-2      Step Left To Left Side, Cross Right Behind Left  
3-4      Step Left To Left Side, Scuff Right Beside Left  
5-6      Rock Forward On Right, Return Onto Left  
7-8      Step Right Back, Hold

### TURN 1/2 AND ROCK FORWARD LEFT, TURN 1/2 LEFT, STOMP UP, ROCK BACK RIGHT, STOMP RIGHT (TWICE)

1-2      Turn 1/2 Left On Right And Rock Forward On Left, Return Onto Right (06:00)  
3-4      Turn 1/2 Left On Right And Step Left Forward, Stomp Up Right Beside Left (12:00)  
5-6      Jumping Rock Back On Right And Kick Left Forward, Return Onto Left  
7-8      Stomp Right Beside Left (Twice)

### SWIVEL RIGHT FOOT (TOE, HEEL, TOE), SCUFF, VAUDEVILLE RIGHT

1-2      Swivel Right Foot To Right Side (Toe, Heel)  
3-4      Swivel Right Toe To Right Side, Scuff Left Beside Right  
5-6      Cross Left Over Right, Step Right Diagonally Back To Right  
7-8      Touch Left Heel Diagonally Forward To Left, Step Left On Place (Weight On It)

### KICK, REVERSE PIVOT 1/2 TURN RIGHT, HOLD, COASTER STEP LEFT, SCUFF

1-2      Kick Right Forward, Touch Right Toe Back

- 3-4 Pivot 1/2 Turn Right And Drop Heel Taking Weight, Hold (06:00)
- 5-6 Step Left Back, Step Right Beside Left
- 7-8 Step Left Forward, Scuff Right Beside Left

**PART B: first 4 sections repeat twice, while for last B (3rd B) not performed the 5th section\***

**[S01] STOMP RIGHT, HOLD, STOMP LEFT, HOLD, ROCK BACK, STOMP, HOLD**

- 1-2 Stomp Right To Right Side, Hold (12:00)
- 3-4 Stomp Left To Left Side, Hold
- 5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left
- 7-8 Stomp Right Beside Left, Hold

**[S02] KICK, REVERSE PIVOT 1/2 TURN RIGHT, HOLD, ROCK BACK, STOMP, HOLD**

- 1-2 Kick Right Forward, Touch Right Toe Back
- 3-4 Pivot 1/2 Turn Right And Drop Heel Taking Weight, Hold (06:00)
- 5-6 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
- 7-8 Stomp Left Beside Right, Hold

**[S03] STOMP LEFT, HOLD, STOMP RIGHT, HOLD, ROCK BACK, STOMP LEFT, HOLD**

- 1-2 Stomp Left To Left Side, Hold
- 3-4 Stomp Right To Right Side, Hold
- 5-6 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
- 7-8 Stomp Left Beside Right, Hold

**[S04] KICK, REVERSE PIVOT 1/2 TURN LEFT, HOLD, ROCK BACK, STOMP, HOLD**

- 1-2 Kick Left Forward, Touch Left Toe Back
- 3-4 Pivot 1/2 Turn Left And Drop Heel Taking Weight, Hold (12:00)
- 5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left
- 7-8 Stomp Right Beside Left, Hold

**\*[S05] TOE SWITCHES (LEAD RIGHT), APPLE JACKS (LEFT, RIGHT)**

- 1-2 Touch Right Toe Forward, Step Right Beside Left
  - 3-4 Touch Left Toe Forward, Step Left Beside Right
  - 5-6 Weight On Left Heel & Right Toe Swivel Left Toe & Right Heel To Left, Return Feet To Centre
  - 7-8 Weight On Right Heel & Left Toe Swivel Right Toe & Left Heel To Right, Return Feet To Centre
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