

Rock & Roll Is Here To Stay!

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Jennie Berry (AUS) - August 2019
音樂: Hang Up My Rock 'n' Roll Shoes - The Nashville Allstars : (Album: The Most Rockin Country Collection Ever)



INTRO: 32C

Section 1: CROSS ROCK, SIDE SHUFFLE. CROSS ROCK SIDE SHUFFLE

1.2 Cross rock right over left, rock back on left.
3&4 Side shuffle to right side, step RLR
5.6 Cross rock left over right, rock back on right.
7&8 Side shuffle to left side, step LRL 12.00

Section 2: LOCK STEP, SHUFFLE FORWARD. PIVOT ¼ CROSS SHUFFLE

1.2.3&4 Step forward on right, lock left behind right. Shuffle forward RLR
5.6 Pivot: step left forward, pivot 90 degrees right, take weight onto right. 3.00
7&8 Cross shuffle left over right, step LRL

Section 3: SIDE BEHIND SIDE IN FRONT. SIDE ROCK CROSS SHUFFLE

1.2 Step right to side, step left behind right,
3.4 Step right to side, step left across in front of right.
5.6 Side rock onto right, rock onto left
7&8 Cross shuffle right across left, step RLR 3.00

Section 4: STEP BACK ½ TURN, SHUFFLE FORWARD. CROSS POINT CROSS POINT

1.2 Turn 90 degrees right, step back on left, turn 90 degrees right, step forward on right.
3&4 Shuffle forward LRL
5.6 Step right across in front of left, point left toe to the side.
7.8 Step left across in front right, point right toe to the side. 9.00

Section 5: PADDLE ¼, PADDLE ¼. REGGAE ACROSS

1.2 Paddle: Step right forward, turn 90 degrees left take weight onto left.
3.4 Paddle: step right forward, turn 90 degrees left take weight onto left.
5.6 Reggae: Step right across left, step left back.
7.8 Step right to the side step left across in front of right. 3.00

Section 6: FIGURE OF 8 WEAVE

1.2 Step right to right side, step left behind right.
3.4 Turn 90 deg. right, stepping forward on right step forward on left
5.6 Pivot 180 deg. right, stepping forward on right, turn 90 deg. right step left to left side.
7.8 Step right behind left, step left to left side. 3.00

[48 B] Begin again

Ending: On the final wall dance to count 20: then paddle 45 paddle left paddle 45 left to face front.

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