

Rock With You

COPPER KNOB
BY SHEETS

拍數: 96 牆數: 1 級數: Advanced
編舞者: Fiona Murray (IRE) & Roy Hadisubroto (IRE) - January 2019
音樂: Rock With You - Michael Jackson



Intro: Start after 31 counts

****Note: End of the dance is the beginning of the dance**

96 Ball Cross (Arms)
a 8 & Close L next to R (a), Cross R over L (8), Bring arms in front of chest, hands fist and elbows out (&) 12:00

[1 – 8] (Arms), Sweep, Step, Snap, Rotating Kicks

1 -2-3 Push R arm down across body towards L hip, Open handpalms (1), Recover weight onto L while sweeping R from front to back (2-3) R arm follows R foot making a circle from front to back on counts 2-3 12:00
4 Step R backwards into R diagonal while snapping R to R side (4) 12:00
5 & 1/8 Turn L Kicking L forward (5), 1/8 Turn L stepping L towards 10:30 (&), 9:00
6 & 1/8 Turn L Kicking R towards 10:30 (6), 1/4 Turn L stepping R backwards (&) 4:30
7 & 8 1/8 Turn L Kicking L forward (7), 1/4 Turn L Stepping L forward (&), Touch R next to L (8) 10:30

[9 – 16] Hip roll x2, Touch, Rock Recover, Hitch, Cross, Side, Snap

1 - 2 Touch R towards 12:00, start hip roll keeping weight on L foot (1-2) 10:30
3 - 4 Complete 2nd hip roll transferring weight onto R (3), 1/8 Turn R Touch L next to R 12:00
5 & 6 Rock L to L side while lifting R leg off floor (5), Recover onto R (&), Close L next to R hitch R knee (6) 12:00
& 7 - 8 Cross R over L (&), Step L to L side (7), Snap R (8) 12:00

[17 – 24] Side Hitch x2 (Arms), Side, 5/8 Turn L, 1/2 Turn L Scooby-Doo

1 - 2 Step R to R side (1), Hitch L knee (2) 12:00
3 - 4 Step L to L side (3), Hitch R knee (4) 12:00
5 - 6 Step R to R side (5), 5/8 Turn L Step L forward (6) 4:30
a 7 & 8 Brush R forward (a), Hitch R knee (7), Jump onto R making 3/8 Turn L (&), Close L next R (8) 12:00

Arms

1 - 4 L arm out to L side, R arm in front of body (as if playing guitar)

[25 – 32] Curved Glide, Fresno with Finger Points

1 - 2 1/8 Turn L Glide backwards on R (1), 1/2 Turn L Glide forwards on L (2) 4:30
3 - 4 1/8 Turn L Glide R to R side (3), 1/4 Turn L Glide L to L side (4) 12:00
5 - 6 Lean to R side, point R index finger forward at head height in R diagonal (5), Lean to L side, point L index finger forward at shoulder height in L diagonal (6) 12:00
7 - 8 Lean to R side, point R index finger forward at hip height in R diagonal (7), 1/4 Turn L on balls of both feet bringing R index finger point in front of body (8) 9:00

[33 – 40] Hitch, James Brown Slide, Shamrock x2

& 1 & 2 Hitch R knee (&), Big Step R to R side (1), Swivel R heel to R side (&), Swivel R toe to R side (2) 9:00
& 3 & 4 Swivel R heel to R side (&), Swivel R toe to R side (3), Swivel R heel to R side (&), Touch L next R (4) 9:00
5 & 6 a Step L forward (5), 3/8 Turn R transfer weight onto R (&), Close L next to R in relevé (6), drop heels (a) 1:30

7 & 8 a Step R forward (7), $\frac{3}{8}$ Turn L transfer weight onto L (&), Close R next to L in relevé (6), drop heels (a) 10:30

[41 – 48] Step, Knee Pop, Shuffle, Step Lock Unwind, Scooby-Doo

1 - 2 $\frac{1}{8}$ Turn L Step L forward (1), Recover onto R popping L knee forward (2) 9:00
3 & 4 Step L forward (3), Close R next to L (&), Step L forward (4) 9:00
& 5 - 6 $\frac{1}{4}$ Turn L Step R forward into R diagonal (&), Lock L behind R (5), Unwind full turn L, weight ends on L (6) 6:00
7 & 8 Brush R forward into hitching R knee (7), Jump onto R making $\frac{1}{2}$ Turn L (&), Close L next R (8) 12:00

[49 – 56] Back Touch x2, Out Out, Press Step

1 - 2 Step R backwards into R diagonal, Push R arm forward into L diagonal (1), Touch L next to R, Pull R arm into body (2) 12:00
3 - 4 Step L backwards into L diagonal, Push L arm forward into R diagonal (3), Touch R next to L, Pull L arm into body (4) 12:00
5 & 6 & Step R backwards into R diagonal, Push R arm forward into L diagonal (5), Pull R arm into body (&), Step L backwards into L diagonal, Push L arm forward into R diagonal (6), Pull L arm into body (&) 12:00
7 & 8 Press ball of R backwards (7), Recover on L (&), Step R forward (8) Bring R arm to R side (8) 12:00

[57 – 64] Pacing, Drag (Wrist Roll), Kick Ball Drag (Arms), Scoobot, Out Out, Drag

& 1 & 2 Hitch L knee, Bring R hand to L heel (&), Step L forward, Bring R arm to R side (1), Hitch R knee, Bring R hand to R heel (&), Step R forward, Bring R arm to R side (2) 12:00
a 3 - a 4 Place L forward, keeping weight on R, Drag L back next to R, Bring R arm up to R side 90 degree angle, elbow out, R hand wrist roll (a3), Kick L forward (a), hold (4) 12:00
& 5 - 6 & Close L next to R (&), Place R to R side, keeping weight on L, Put R arm out to R side and L arm out to L side (5), Drag R towards L, Pull both arms towards body (6), Close R next to L (&) 12:00
7 & 8 & Place L heel into L diagonal (7), Step L in L diagonal (&), Step R in R diagonal (8), Pull both feet together (&) 12:00

OPTION

[61 – 64] Scoobot On Knee, Out Out, Drag

6 Go onto R knee (6) 12:00
7 & 8 & Lean to R, show L heel (7), Step L to L side (&), Step R to R side, knees still bent (8), Pull both feet together (&) 12:00

[65 – 72] Knee pop with Wrist Roll, Body roll with Walks x2

1 - 2 - 3 Release L knee slowly while leaning to R side, Slow wrist Roll (1-3) 12:00
& 4 e Recover weight on L (&), Fast touch R out to R side, Push R arm out to R side and L arm out to L side (4), Relax R and arms (e) 12:00
5 - 6 Step ball of R to R side, start body roll backwards (5), drop heel of R, Finish body roll (6) 12:00
7 - 8 Step ball of L behind R, start body roll backwards (7), drop heel of L, Finish body roll (8) 12:00

[73 - 80] Rock Steady Walk x2, Skeeter Rabbits, Kick Flick Kick with Swivels

1 & 2 Step R forward, R Hip bump up (1), R Hip back to centre (&), R Hip bump down (2) 12:00
3 & 4 $\frac{1}{2}$ Turn L Step L forward, L Hip bump up (3), L Hip back to centre (&), L Hip bump down (4) 6:00
5 & 6 & Kick R forward (5), Step R forward (&), $\frac{1}{2}$ Turn L Kick L forward (6), Step L forward (&) 12:00
7 & 8 Kick R diagonally forward (7), Swivel L heel to R side, Flick R to R side (&), Swivel L toe to R side, Kick R diagonally forward (8) 12:00

[81 – 88] Travelling Which-A-Ways

- 1 - 2 Close R next to L while flicking L to L side (1), Hitch L knee (2) 12:00
- 3 - 4 Close L next to R, while flicking R to R side (3), Hitch R knee (4) 12:00
- 5 & 6 & Step R to R side while flicking L to L side (5), Hitch L knee (&), Close L next to R, while flicking R to R side (6), Hitch R knee (&) 12:00
- 7 & 8 Step R to R side while flicking L to L side (7), Hitch L knee (&), Close L next to R (8) 12:00

[89 – 95] Pimp Walks, ¾ Turn L The Lock, Ball Cross (Arms)

- 1 & 2 & Kick R forward (1), Step R forward (&), Swivel both toes out and bend knees (2), Swivel toes back to centre and straighten knees (&) 12:00
- 3 & 4 & ¼ Turn L Kick L forward (3) Step L forward (&), Swivel both toes out and bend knees (4), Swivel toes back to centre and straighten knees (&) 9:00
- 5 - 6 Step R forward ½ Turn L (5), ¼ Turn L Step L to L side, Bring both arms up to each side, 90 degree angle, elbows out (6), 12:00
- & 7 Bring both arms down to each side, 90 degree angle, elbows out (&), Lean to R side transferring weight, Bring both arms forward at hip level (7) 12:00

START AGAIN AND HAVE FUNNNN

DARE TO BE UNIQUE
