

Jailhouse Rock

COPPERKNOB
STEPSHEETS

拍數: 64
編舞者: Eun Hee Yoon (KOR) - April 2020
音樂: Jailhouse Rock - Elvis Presley

級數: Phrased High Beginner



Sequence: A-B-A-B-A-B-A-A-A-B-A-B-A

(Part A: 32 counts)

Sec. 1) Heel Touch (R, L), Out, Out, In, In

1-2 Touch RF heel forward(1), RF next to LF(2)
3-4 Touch LF heel forward(3), LF next to RF(4)
5-6 RF to R side slightly forward (5), LF to L side slightly forward (6)
7-8 RF back(7), LF next to RF(8)

Sec. 2) Step Right Side, (Hip Up, Down) x 3

1-2 RF to R side (with circle R arm & touch R hip)(1), Bend LF knee & touch LF heel up(2)
3-8 [LF hip up(3), RF hip down(4)] x 3

Sec. 3) Heel Touch (L, R), Out, Out, In, In

1-2 Touch LF heel forward(1), LF next to RF(2)
3-4 Touch RF heel forward(3), RF next to LF(4)
5-6 LF to L side slightly forward (5), RF to R side slightly forward (6)
7-8 LF back(7), RF next to LF(8)

Sec. 4) Step Left Side, (Hip Up, Down) x 3

1-2 LF to L side (with circle L arm & touch L hip)(1), Bend RF knee & touch RF heel up(2)
3-8 [RF hip up(3), LF hip down(4)] x 3

(Part B: 32 counts)

Sec. 1) Touch (RF Toe, Heel) x 4, Chasse, Back Rock, Recover

1-2 Touch RF toe next to LF(1), Touch RF heel next to LF(2)
3-4 Touch RF toe next to LF(3), Touch RF heel next to LF(4)
5&6 RF to R side(5), LF next to RF(&), RF to R side(6)
7-8 Rock LF back(7), Recover RF(8)

Sec. 2) Touch (LF Toe, Heel) x 4, Chasse, Back Rock, Recover

1-2 Touch LF toe next to RF(1), Touch LF heel next to RF(2)
3-4 Touch LF toe next to RF(3), Touch LF heel next to RF(4)
5&6 LF to L side(5), RF next to LF(&), LF to L side(6)
7-8 Rock RF back(7), Recover LF(8)

Sec. 3) Kick, Kick, Back Rock, Recover, Toe Strut (R, L) with shoulder shimmy

1-2 Kick RF forward(1), Kick RF forward(2)
3-4 Rock RF back(3), Recover LF(4)
5-6 Touch RF toe(5), RF down with shoulder shimmy(6)
7-8 Touch LF toe(7), LF down with shoulder shimmy(8)

Sec. 4) Forward Rock, Recover, Back, 1/2L, (Paddle turn 1/4L) x 2

1-2 Rock RF forward(1), Recover LF(2)
3-4 RF back(3), 1/2L LF forward(4) (6:00)
5-6 RF forward(5), 1/4L paddle turn(6) (3:00)
7-8 RF forward(7), 1/4L paddle turn(8) (12:00)

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