

Rock The Casbah

COPPERKNOB
BY STEPHEN

拍數: 96 牆數: 2 級數: Easy Intermediate
編舞者: Lesley Kidd (UK), Britt Beresik (USA) & I.C.E. (ES) - October 2020
音樂: Rock the Casbah - The Clash : (3:43)



Intro: 32 counts (approx. 15 secs) (No Restarts & No Tags)

VERSE - FRONT/BACK WALLS

S1: R Behind, L Side, R Cross Shuffle, L Point & R Point, Heel Twists L,R,L

1-2 Step R behind L, Step L to L side
3&4 Cross R over L, Step L to side, Cross R over L
5&6 Point L toe to L side, Step L next to R, Point R toe to R side
7&8 With feet apart Twist both Heels to L, to R, to L (weight on L) 12:00

S2: R Cross Rock Behind, Recover, Step R to R Side and Dip, Switch L Heel & R Heel & L Point, Clap x2

1-2 Rock R behind L, Recover L
3-4 Step R wide to R side while bending knees and shifting upper body down from L and back up on R

(2 counts), weight ends on R foot [*tip keep hands on knees for support and small dip is fine]

5&6&7 L Heel Fwd, Step L next to R, R Heel Fwd, Step R next to L, Point L toe to L side
&8 Hold (Clap hands twice) 12:00

S3: (S1 to the Right): L Behind, R Side, L Cross Shuffle, R Point & L Point, Heel Twists R,L,R

1-2 Step L behind R, Step R to R side
3&4 Cross L over R, Step R to side, Cross L over R
5&6 Point R toe to R side, Step R next to L, Point L toe to L side
7&8 With feet apart, Twist both Heels to R, to L, to R (weight on R) 12:00

S4: L Cross Rock Behind, Recover, Step L to L Side and Dip, R Heel & 1/8 turn L- L Heel & 1/8 turn L- R Point, Clap x2

1-2 Rock L behind R, Recover R (Optional: Shimmy shoulder for lyrics "Shake" "Crazy")
3-4 Step L wide to L side while bending knees and shifting upper body down from R and back up on L

(2 counts), weight ends on L foot (Optional: Snake Roll R to L)

[*tip keep hands on knees for support and small dip is fine]

5&6&7 R Heel Fwd, 1/8 turn L- Step R next to L, L Heel Fwd, 1/8 turn L- Step L next to R, Point R toe to R side
&8 Hold (Clap hands twice) 9:00

S5: R Cross Tap, R Cross Shuffle, 1/4 turn R- L Step Back, 1/2 turn R- R Shuffle Fwd, 1/2 turn L- L Shuffle Fwd

1-2&3 Cross Tap R toe over L, Step R over L, Step L to side, Cross R over L (prepping for turn) 9:00
4 1/4 turn R- stepping L Back 12:00
5&6 1/2 turn R- stepping R Fwd, Step L next to R, Step R Fwd 6:00
7&8 1/2 turn L- stepping L Fwd, Step R next to L, Step L Fwd 12:00

S6: R Skate, L Skate, Cross Rock R over L, Recover, R Side, Point L over R, L Point Side, Point L over R, Clap x2

1-2 Slide R to R Fwd diagonal, Slide L to L Fwd diagonal
3&4 Rock R over L, Recover L, Step R to R side
5-7 With a straight L leg Cross Point L over R, Point L toe to L side, Cross Point L over R
&8 Hold (Clap hands twice) 12:00

S7: L Wide Side Rock, Recover R, & R Step to R Side, L Tap, ¼ R Box: (¼ turn R- Slide L, ¼ turn R- Slide R, ¼ turn R- Slide L, R Tap)

1-2 Rock L wide to L side, Recover R
&3-4 Step L next to R, Step R wide to R side, Tap L next to R
5-8 ¼ turn R- sliding L to L side, ¼ turn R- sliding R to R side, ¼ turn R- sliding L to L side, Tap R next to L 9:00

S8: Out R, Out L, HOLD, Ball Step (R-L) Fwd, ½ pivot R- Step R Fwd, L Step Fwd (prep): ½ turn L on L- dragging R toe next to L

1-3 Step R Fwd on R diagonal (hips push R), Step L Fwd on L diagonal (hips push L), Hold
&4 Step R Ball back toward center, Step L Fwd
5-6 ½ turn R- stepping R Fwd, Step L Fwd (prepping for turn) 3:00
7-8 With weight on L ½ turn L while dragging R toe next to L for 2 counts 9:00

(Optional: arms over head, bent elbows and fists clenched)

CHORUS - SIDE WALLS

S9: R Ball, Walk Fwd L-R, Out L, Out R, L Back, Tap R Fwd, R Back, Tap L Fwd

&1-2 Step R ball back (&), Walk forward L, Walk forward R
3-4 Step L out to L side (turn head L), Step R out to R side (turn head R)
5-8 Step L Back, Tap R toe out in front, Step R back, Tap L toe out in front (Optional: body rolls) 9:00

S10: L Rock Back, Recover R, L Shuffle ½ turn R, R Reverse Rocking Chair

1-2 Rock L Back, Recover R Fwd
3&4 ¼ turn R- stepping L Fwd, Step R next to L, ¼ turn R- stepping L Back 3:00
5-6 Rock R Back, Recover L Fwd
7-8 Rock R Fwd, Recover L Back 3:00

S11: (S9 Repeat) R Ball, Walk Fwd L-R, Out L, Out R, L Back, Tap R Fwd, R Back, Tap L Fwd

&1-2 Step R ball back (&), Walk forward L, Walk forward R
3-4 Step L out to L side (turn head L), Step R out to R side (turn head R)
5-8 Step L Back, Tap R toe out in front, Step R back, Tap L toe out in front (Optional: body rolls) 3:00

S12: L Rock Back, Recover R, L Shuffle ¼ turn R, R Reverse Rocking Chair on the Diagonal

1-2 Rock L Back, Recover R Fwd
3&4 ¼ turn R- stepping L Fwd, Step R next to L, Step L to L side 6:00
5-6 Cross Rock R behind L, Recover L
7-8 Rock R to Fwd R diagonal, Recover L 6:00

Start Over

The English punk rock band THE CLASH filmed their official music video for Rock The Casbah in Austin, Texas, featuring oil, Dr. Pepper, and an armadillo!

We felt we were the perfect 80s-loving duo to bring this dance to life! To rockin' the Casbah....aaahh!

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