

Man, She's a Rocker

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Hiroko Carlsson (AUS) - December 2020
音樂: Man She's a Rocker - Warren Earl



(Dance starts on lyrics/32 count intro)

[S1] Shuffle Fwd, Step Pivot-1/2R, Rocking Chair

1&2 Shuffle forward R-L-R
3 4 Step forward on L, Make a ½ turn right recover weight on R (6:00)
5 6 7 8 Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R

[S2] Shuffle Fwd, Monterey Turn 1/2R, Heel Bounce RL

1&2 Shuffle forward L-R-L
3 4 Touch R toe out to right side, Make ½ turn right stepping R beside L (12:00)
5 6 7 8 Touch L out to left side, Step L beside R, Bounce R heel, Bounce L heel

[S3] Cross-Side-Heel-&, Cross-Side-Touch-&

1 2 3 4 Cross R over L, Step L to the side, Step diagonally forward on R heel, Step R in place
5 6 7 8 Cross L over R, Step R to the side, Touch L next to R, Step L to the side

[S4] 2x Rumba Fwd w/ Touch

1 2 3 4 Step R to the side, Step L next to R, Step forward on R, Touch L next to R
5 6 7 8 Step L to the side, Step R next to L, Step forward on L, Touch R next to L

[S5] Fwd-Point, 1/4L-Point, Back-Point, Back-Point

1 2 Step forward on R, Point L to the side
3 4 Make a ¼ turn left stepping L across R, Point R to the side (9:00)
5 6 7 8 Step back on R, Point L to the side, Step back on L, Point R to the side

[S6] Box 1/4R, Step-Pivot 1/2L, Fwd, Fwd

1 2 Cross R over L, Make a ¼ turn right stepping back on L
3 4 Step R to the side, Step forward on L (12:00)
5 6 Step forward on R, Make a ½ turn left recover weight on L (6:00)
7 8 Step forward on R, Step forward on L

Ending: Dance up to S4, then pivot to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 2/Dec/20)