

Baby Rock My Life

COPPERKNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Claudia Arndt (DE) - April 2021
音樂: Rock My Life - Jeanette Biedermann



Start: The dance begins with the singing.

Section 1 - Touch Forward R, Touch Side R, Coaster Step, Touch Forward L, Touch Side L, Coaster Step,

1-2 Touch RF at the front, Touch RF sideways on the right side,
3&4 RF step back - step LF beside RF - RF step forward,
5-6 Touch LF at the front, Touch LF sideways on the left side,
7&8 LF step back - step RF beside LF - LF step forward,

Tag: Wall 9 after 8 counts (6 o'clock)

Restart : Wall12 after 4 Counts

Section 2 - 4 x Walk R/L/R/L ,Together , 2 x Jump Rock Back, Stomp R/L,

1-2 RF step forward, LF step forward,
3&4 RF step forward, LF step forward, set RF next to the LF,
5&6 RF with a small jump to the back, LF slightly lift and set off, RF next to the LF stomping,
7&8 LF with a small jump to the back, RF slightly lift and set off, LF next to the RF stomping,

Tag: Wall 2, 4, 6 after 4 counts. (6 o'clock)

Section 3 - Side Touch R, Together, Side Touch R, Behind-Side-Cross, Side Touch L, Together, Side Touch L, Behind-Side-Cross

1&2 RF touch sideways to the right, Touch RF beside LF, RF touch sideways to the right,
3&4 RF cross behind LF, Step left with LF, RF in front of LF cross,
5&6 LF touch sideways to the left, Touch LF beside RF, LF touch sideways to the left,
7&8 LF cross behind RF, Step left with RF, LF in front RF cross,

Section 4 - Step Side R, Touch Behind, Step Side L, Touch Behind, Side Step R, ¼ Turn L, ½ Turn L, Together,

1-2 RF step to the right, Touch LF behind RF,
3-4 LF step to the left, Touch RF behind LF,
5-6 RF to the right, ¼ Turn left, LF step to the left (9 o'clock)
7-8 ½ Turn to the left, set RF to the right, LF next to RF (3 o'clock)

Tag: Wall 10 after 4 counts (6 clock)

The dance starts all over again.

Tag: Step Foward, Hold, Slow ½ Turn L

1-2 RF step forward, hold (12 o'clock)
3-4 Slowly a 1/2 turn to the left, on both bales (6 o'clock)

E-Mail: claudia.arndt69@web.de