

# Rock & Roll

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Georgie Mygrant (USA) - March 2022  
音樂: Old Time Rock & Roll - Bob Seger & The Silver Bullet Band



Intro: 16

## Stomp R, Kick R Fwd. Repeat on L

1-2-3&4      Stomp Rf, Kick R fwd. Step on R/L/R  
5-6-7&8      Stomp Lf, Kick L fwd. Step on L/R/L

## Walk Fwd. R/L, Step Fwd. on R turning ½ Step on R, Step on Step on L,

1-4      Step fwd. R/L, Step on R turning ½ on R, step on L  
5-8      Step fwd. on R/L, Step on R turning ¼ L

## Tap Toe Fwd. Side, Step next To L, Repeat on L

1-2-3&4      Touch R Toe Fwd. Side, step R next to L, R/L/R  
5-6-7&8      Touch L Toe fwd. Side, step L next to R, L/R/L

## Box Back

1-4      Step R to R side, Step L to R, Step Back R, touch L to R  
5-8      Step L to L side, Step R to L, Step L fwd. L, Touch R to L

That's it! A fun dance for beginners. A little peppy, but easy to do. Enjoy! If you have any problems, please contact me. [mygeo@adamswells.com](mailto:mygeo@adamswells.com)

Please do not change routine without permission. Thank you

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