

Reelin' and Rockin'

COPPER **KNOB**
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Marlon Ronkes (NL) & Romain Brasme (FR) - August 2023
音樂: Reelin' and Rockin' - Chuck Berry



Dance start at 00:17 sec.

[1-8] TWIST - HOLD - TWIST - HOLD

1-4 Twist both heels to R side (1), hold (2-4)
5-8 Twist both heels to L side (5), hold (5-8)

[9-16] JUMP FORWARD - HOLD - JUMP BACKWARDS - HOLD - HIPS MOVEMENT

1-2 Jump forward on both feet (1), hold (2)
3-4 Jump backward on both feet (3), hold (4)
5-8 Make a 1/2 circle from L to R backwards

[17-24] WALK - WALK - WALK- KICK - STEP BACK X3 - TOUCH

1-2 Walk R (1), walk L (2)
3-4 Walk R (3), LF kick forward (4)
5-6 LF step back (5), RF step back (6)
7-8 LF step back (7), RF touch next to LF (8)

[25-32] ROLLING VINE - SHUFFLE - ROCKSTEP

1-2 RF step forward with 1/4 turn R (1), LF step behind with 1/2 turn R (2)
3-4 RF step to R side with 1/4 turn R (3), LF touch next to RF (4) 12:00
5&6 LF step to L side (5), together (&), LF step to L side
7-8 RF step behind (7), recover on LF (8)

[33-40] TOUCH - TOGETHER - TOUCH - TOGETHER - 1/4 TURN L WITH KNEES MOVEMENTS

1-2 RF touch forward in diagonal R (1), RF next to LF (2)
3-4 LF touch forward in diagonal L (3), LF next to RF (4)
5-8 Make a 1/4 turn L and open your knees in and out 09:00

[41-48] TOE STRUT - TOE STRUT - JAZZ BOX CROSS

1-2 Step R toe forward (1), drop heel (2)
3-4 Step L toe forward (3), drop heel (4)
5-6 RF cross over LF (5), LF step behind (6)
7-8 RF step to R side (7), LF cross over RF (8)

BRIDGE

During wall 4 (while sequence 2)

Make the 1/2 circle from L to R backwards on 2 counts and continue the dance

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