

Marco G

COPPER KNOB
STEPPESHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Roland Hofele (CH) - April 2024
音樂: Old Time Rock & Roll - Bob Seger & The Silver Bullet Band



Dance starts on vocals " off the shelf"

RF side rock, cross Shuffle, LF side rock, cross Shuffle

1, 2 Rock step right to right, recover on left
3&4 Cross right over left, Step left to left side, Cross right over left
5,6 Rock step left to left, recover on right
7&8 Cross left over right, Step right to right side, Cross left over right

RF rock Forward, ¼ Chasse, LF rock Forward, ¼ Chasse

1, 2 Rock forward on right, Recover on left
3&4 Step ¼ turn right to right side, step left beside right, step right to right side (3:00)
5, 6 Rock forward on left, Recover on right
7&8 Step ¼ turn left to left side, step right beside left, step left to left side (12:00)

Rocking Chair, RF Shuffle, LF Shuffle

1, 2 Rock forward on right, Recover on left
3, 4 Rock back on right, Recover on left
5&6 Shuffle forward R, L, R
7&8 Shuffle forward L, R, L

RF Heel Grind, Back Rock. RF Heel Grind, Back Rock

1, 2 Touch R heel forward with toes facing in, swivel toes out while turning ¼ R (3:00)
3, 4 Rock back on right, Recover on left
5, 6 Touch R heel forward with toes facing in, swivel toes out while turning ¼ R (6:00)
7, 8 Rock back on right, Recover on left

Start again.

I wrote this country line dance for the 30th stage anniversary of the Swiss Country singer Marco Gottardi.
www.gottardi.ch