

Rockin' on the Water

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Charlotte Skeeters (USA) - September 2024
音樂: Sail Away - The Oak Ridge Boys : (Oakridge Boys Greatest Hits, Vol. 1 - iTunes)



Intro: 16 counts, on vocals

TAG: Twice during the Instrumentals at 6:00 and at 12:00 (easy to hear)

[1-8] NIGHTCLUB BASIC RIGHT, BEHIND, SIDE, CROSS & CROSS, SWAYS-TAPS:

1 – Long step on Right side right (optional arms out to the side)
2-&-3 Left rock behind right; Recover onto Right (&); Left side left (optional arms out to the side)
4 - & Right behind left; Left to the side (&)
5-&-6 Right cross over left; Left side left (&); Right cross over left
7&8& Left side left as sway hips left; Right tap next to left (&); Right side right sway hips right; Left tap next to right (&)

[9-16] NIGHTCLUB BASIC LEFT, BEHIND, 1/4 TURN, SIDE, RECOVER, CROSS, SIDE, RECOVER, CROSS:

1 – Long step on Left side left
2-&-3 Right rock behind left; Recover onto Left (&); Right side right
4 - & Left behind right; Turn 1/4 right stepping forward Right (&) (3:00)
5-&-6 Left rock side left; Recover onto Right (&); Left cross over right moving forward
7-&-8 Right rock side right; Recover onto Left (&); Right cross over left moving forward (3:00)

[17-24] 1/4 TURNING TRIPLE, 1/4 TURNING TRIPLE, CROSS ROCKING CHAIR, CROSS, TAP, BACK w/KICK:

1-&-2 Turn 1/4 right stepping back Left; Right next to left (&); Left step back (6:00)
3-&-4 Turn 1/4 right stepping side Right; Left step next to right (&); Right side right (9:00)
5&6& Left cross over right; Recover Right (&); Left back; Recover Right (&)
7-&-8 Left cross over right; Right tap behind left (&); Right straight back as you KICK left (prepares for sweep) (9:00)

[25-32] SWEEP SAILOR, SIDE, RECOVER, CROSS, SIDE, 1/4 TURN, FORWARD, 1/4 TURN, CROSS:

1 & 2 Left sweep around crossing behind right; Right side right; Left cross over right
3 & 4 Right side right; Recover weight onto Left (&); Right cross over left
5 – 6 Left side left; Turn 1/4 right stepping forward onto Right
7 & 8 Left forward; Turn 1/4 right stepping side right; Left cross over right (3:00)

BEGIN AGAIN!

TAG 16 counts: During instrumentals - Wall 3 at 6:00 and Wall 5 at 12:00:

ROCK, RECOVER, CROSS, ROCK, RECOVER, CROSS, FORWARD, 1/2 TURN, RUN-RUN-RUN – X2

1-&-2 Right rock side right; Recover onto Left (&); Right cross over left moving forward
3-&-4 Left rock side left; Recover onto Right (&); Left cross over right moving forward
5 – 6 Right forward; Turn 1/2 left and step forward Left
7 & 8 RUN forward: Right; Left; Right
1 – 8 REPEAT the above 8 counts mirror image starting with Left foot lead

ENDING: Do last 5 counts then change 6 into &-6 ¼ turn right to face 12:00