

Off My Rocker

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 4 級數: Intermediate east coast swing
編舞者: Todd Lescarbeau (USA)
音樂: Off My Rocker - Billy Currington



Sequence: AB AAAB AAAB A to end of song

SECTION A

LINDY'S (SIDE TRIPLES WITH ROCKS)

1&2-3-4 Side triple right, left, right, rock back on left, recover onto right
5&6-7-8 Side triple left, right, left, rock back on right, recover onto left

SIDE ROCK, ¼ TURN, HOLD, ¼ TURN SIDE ROCK, ¼ TURN, HOLD

1-4 Rock right to side, recover, turn ¼ right stepping on right (face 3:00), hold
5-8 Turn ¼ right (facing 6:00) and rock side left, recover, turn ¼ left stepping on left (facing 3:00), hold

STEP, PIVOT, LOCK-STEP, SHUFFLE FORWARD, ROCK

1-4 Step forward on right, pivot ½ to left, step forward on right, lock left behind right (facing 9:00)
5&6-7-8 Shuffle forward right, left, right, rock forward on left, recover on right turning ¼ left (6:00)

WEAVE WITH ¼ TURN, ¼ TURN SIDE ROCK, RECOVER, BRUSH

1-4 Step side left on left, step right over left, step side left on left, step right behind
5-8 Step on left turning ¼ left (3:00), turn ¼ left and rock to side right (now facing 12:00), recover onto left, brush right forward

SECTION B

TOE-STRUT, HEEL TOE, ¼ TURN STEP, BRUSHES

1-2 Cross step ball of right over left, drop heel (body should be angled slightly facing left)
3-4 Tap left heel beside right, point toe down and tap (left foot should point to a diagonal left)
5-8 Turn ¼ to (face 9:00) and step on left, brush right forward, brush back and across left, brush right forward

ROCK BACK, ½ TURNING SHUFFLE LEFT, LARGE STEP, DRAG

1-2 Rock back onto right foot, recover onto left starting a ½ turn to left
3&4 Continue to turn to left as you shuffle right, left, right
5 Take a large step to left on left
6-7-8 Draw right foot in over 3 counts (keep weight on left foot)

The music breaks here with a 4 beat break