

Rock-N-Romp

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數:
編舞者: Cindy Truelove (AUS)
音樂: Help Me, Rhonda - The Beach Boys & T. Graham Brown



- 1-2 Step right forward, scuff left beside right
3-4 Step left forward, scuff right beside left
5-6 Step right forward, scuff left beside right
7-8 Cross left over right, unwind ½ turn right(end weight on left)
- 9&10 Shuffle forward stepping right-left-right
11-12 Step left forward, pivot turn ½ right (end weight on right)
13&14 Shuffle forward stepping left-right-left
15-16 Rock forward on right, rock back on left in place
- 17-18 Touch right toe slightly back, drop/step right heel to floor & snap fingers (both hands)
19-20 Touch left toe in place, drop/step left heel to floor & snap fingers (both hands)
- 21-22 Stomp right slightly forward leaving weight on left, hold & clap hands
&23-24 Quickly step back on right, step left beside right, step right forward
- 25-26 Step left forward, turn ¼ left and step right beside left
27-28 Raise both heels and drop them to floor twice (ending with weight on right)
- 29-32 Step left forward at 45 degrees and bump hips four times forward

REPEAT
