

Rock My Life Away

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Advanced
編舞者: Brian Barakauskas (USA)
音樂: Rockin' My Life Away - Jerry Lee Lewis



STEP; TOUCH TWIST-KICK; VINE; DOUBLE SIDE KICK

- 1 Left foot step diagonally forward crossing in front of right foot
- 2 Right foot touch toe beside left foot, twisting body left (facing 10:30)
- 3 Right foot twisting body back right, kick diagonally side right (1:30)
- 4 Right foot step diagonally back crossing behind left foot (7:30)
- 5 Left foot step to left side (9:00)
- 6 Right foot step diagonally forward crossing in front of left foot (10:30)
- 7 Left foot kick diagonally side left (9:00, facing 12:00)
- 8 Left foot kick diagonally side left (9:00, facing 12:00)

STEP-HOLD; SPIRAL TURN; FEATHERED TOUCH TRIPLE; ROCK-STEP

- 9 Left foot step forward (12:00)
- 10 Hold position (facing 12:00)
- 11 Left foot spiral turn, rotating 1 time fully to right (starting and finishing facing 12:00)
- 12 Right foot step forward (12:00)
- 13 Left foot rotating $\frac{1}{4}$ to right, touch behind right heel (3:00), weight on right foot
- & Rotating $\frac{1}{4}$ to right, lift left knee, (6:00), weight on right foot
- 14 Left foot step back (12:00, facing 6:00)
- 15 Right foot rock step back (12:00)
- 16 Left foot recover back in place (6:00)

STEP-HOLD; SPIRAL TURN; FEATHERED TOUCH TRIPLE; COASTER TRIPLE

- 17 Right foot step forward (6:00)
- 18 Hold position (facing 6:00)
- 19 Right foot spiral turn, rotating 1 time fully to left (starting and finishing facing 6:00)
- 20 Left foot step forward (6:00)
- 21 Right foot rotating $\frac{1}{4}$ to left, touch behind left heel (3:00), weight on left foot
- & Rotating $\frac{1}{4}$ to left, lift right knee, (6:00), weight on left foot
- 22 Right foot step back (6:00, facing 12:00)
- 23 Left foot step back (6:00)
- & Right foot step close to left foot
- 24 Left foot step forward (12:00)

TOUCH-KICK; SAILOR TRIPLE; CHASE TURN; ROCK-STEP

- 25 Right foot touch toe beside left foot, twisting body left (facing 10:30)
- 26 Right foot twisting body back right, kick diagonally side right (1:30)
- 27 Right foot step diagonally back crossing behind left foot (7:30, facing 1:30)
- & Left foot step close to right foot
- 28 Right foot rotating $\frac{1}{8}$ to right, step forward (3:00)
- 29 Left foot step forward (3:00)
- 30 Chase turn, rotating $\frac{1}{2}$ to right (facing 9:00), weight on left foot
- 31 Right foot rock step back (3:00)
- 32 Left foot recover back in place (9:00)

RIGHT SIDE CHASSÉ TRIPLE; KICK BALL STEP; LEFT SIDE CHASSÉ TRIPLE; KICK BALL STEP

- 33 Right foot step to right side (12:00)

& Left foot step close to left foot
34 Right foot step to right side (12:00)
35 Left foot kick backward (3:00)
& Left foot step slightly behind right foot
36 Right foot step in place (facing 9:00)
37 Left foot step to left side (6:00)
& Right foot step close to right foot
38 Left foot step to left side (6:00)
39 Right foot kick backward (3:00)
& Right foot step slightly behind left foot
40 Left foot step in place (facing 9:00)

RIGHT KICK-STEP; LEFT KICK-STEP; FULL CHASE TURN; ROCK-STEP

41 Right foot kick to right side (12:00)
& Right foot step close to left foot
42 Left foot kick to left side (6:00)
& Left foot step close to right foot
43 Right foot step forward (9:00)
44 Left foot chase turn, rotating $\frac{1}{2}$ to left, step forward (3:00)
45 Right foot step forward (3:00)
46 Chase turn, rotating $\frac{1}{2}$ to left (facing 9:00), weight on right foot
47 Left foot rock step back (3:00)
48 Right foot recover back in place (9:00)

REPEAT
