

Rock The Boat Shuffle

COPPER KNOB
STEPPERS

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Carol Mckee (AUS)
音樂: Rock The Boat - Good Ol' Greenwood Boys



FORWARD SHUFFLES X 4

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5&6 Shuffle forward right, left, right
7&8 Shuffle forward left, right, left

KICK & KNEE BALL CHANGES

1&2 Kick right foot forward, step on ball of right, step weight back on to left
3&4 Hitch right knee across left knee, step on ball of right, step weight back on to left
5&6 Kick right foot forward, step on ball of right, step weight back on to left
7&8 Hitch right knee across left knee, step on ball of right, step weight back on to left

SINGLE BEAT RIGHT COASTER, BALL CHANGE

1-2-3 Step back right, step left next to right, step forward right
& Step on ball of left
4 Step weight back on to right

KICK & KNEE BALL CHANGES

1&2 Kick left foot forward, step on ball of left, step weight back on to right
3&4 Hitch left knee across right knee, step on ball of left, step weight back on to right
5&6 Kick left foot forward, step on ball of left, step weight back on to right
7&8 Hitch left knee across right knee, step on ball of left, step weight back on to right

SINGLE BEAT LEFT COASTER, BALL CHANGE

1-2-3 Step back on left, step right next to left, step forward on left
& Step on ball of right
4 Step weight back on to left

TURNING SHUFFLES, SIDE SHUFFLE, ROCKS

1&2 Shuffle to the right, turning ½ turn right (right-l-r)
3&4 Shuffle to the left, turning ½ turn right (left-right-left)
5&6 Shuffle to the right (right-left-right)
7-8 Rock back on left, rock forward on right

TURNING SHUFFLES, SIDE SHUFFLE, ROCKS

1&2 Shuffle to the left, turning ½ turn left (left-right-left)
3&4 Shuffle to the right, turning ½ turn left (right-left-right)
5&6 Shuffle to the left (left-right-left)
7-8 Rock back on right, rock forward on left

ROCKS, SHUFFLE, SCOOT & HITCHES, BALL CHANGE

1-2 Rock forward on right, rock back on left
3&4 Shuffle backwards right-left-right
& Scoot back right, hitching left
5 Step back left
& Scoot back left, hitching right

- 6 Step back right
- & Scoot back right, hitching left
- 7 Step back left
- & Step on ball of right
- 8 Step weight back on to left

SCOOTS & HITCHES, BALL CHANGE, ROCKS, SHUFFLE

- & Scoot back on left, hitching right
- 1 Step back on right
- & Scoot back on right, hitching left
- 2 Step back on left
- & Scoot back on left, hitching right
- 3 Step back on right
- & Step on ball of left
- 4 Step weight back on to right
- 5-6 Rock back on left, rock forward on right
- 7&8 Shuffle forward left-right-left

SHUFFLES, ROCKS, MODIFIED SAILOR

- 1&2 Shuffle forward right-left-right
- 3&4 Shuffle forward left-right-left
- 5-6 Rock to the right side on right, rock weight back on left
- 7&8 Step right behind left, step left to the left side, step right beside left

ROCKS, MODIFIED SAILOR, STEP PIVOT, TOUCH, HOLD

- 1-2 Rock to the left side on left, rock weight back on to right
- 3&4 Step left behind right, step right to the right side, step left beside right
- 5-6 Step right forward, pivot $\frac{1}{2}$ turn left
- 7-8 Touch right beside left, hold

REPEAT
