

Rockin'

COPPER KNOB
BY EPOCHS

拍數: 32 牆數: 2 級數: Improver
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Saturday Night Fish Fry - Duane Evans & EBS Allstars



MODIFIED ROCKING CHAIR, CROSS, STEP BACK, PIVOT, STEP PIVOT

- 1-2 Step forward on ball of right foot, lifting left foot slightly off of floor; rock back onto ball of left foot, lifting right foot slightly off of floor
- 3-4 Step back on ball of right foot, lifting left foot slightly off of floor; rock forward onto ball of left foot, lifting right foot slightly off of floor
- 5-6 Cross right foot over left and step; step back on ball of left foot, & pivot ½ turn to the right on ball of left foot
- 7-8 Step forward on ball of right foot; pivot ½ turn to the right on ball of right foot and step down onto right foot in place

MODIFIED ROCKING CHAIR, TO THE LEFT ROLLING TURN, TOUCH

- 9-10 Step forward on ball of left foot, lifting right foot slightly off of floor; rock back onto ball of right foot, lifting left foot slightly off of floor
- 11-12 Step back on ball of left foot, lifting right foot slightly off of floor; rock forward onto ball of right foot, lifting left foot slightly off of floor
- 13-14 Step to the left on left foot and begin a full to the left rolling turn traveling to the left; step on right foot and continue full to the left rolling turn
- 15-16 Step on left foot and complete full to the left rolling turn; touch right foot next to left

DIAGONAL SHUFFLE, TOE TOUCHES, SIDE SHUFFLE, ROCK STEP

- 17&18 Shuffle forward and diagonally to the right (right, left, right)
- 19-20 Touch left toe to the left; touch left toe next to right
- 21&22 Side shuffle to the left (left, right, left)
- 23-24 Step back on right foot; rock forward onto left foot

MILITARY PIVOT TO THE LEFT, DOUBLE KICK, STATIONARY MASH POTATOES

- 25-26 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot
- 27-28 Kick right foot forward twice
- 29-30 Step back on ball of right foot, twisting right knee to the right and right heel to the left while lifting left foot slightly off of floor; step down onto ball of left foot while lifting right foot slightly off of floor, twisting right knee and right heel to center
- 31-32 Step down onto ball of right foot, twisting right knee to the right and right heel to the left while lifting left foot slightly off of floor; step down onto ball of left foot while lifting right foot slightly off of floor, twisting right knee and right heel to center

REPEAT
