

Rockin' Cha

COPPERKNOB
STEPSHEETS

拍數: 55 牆數: 2 級數: Intermediate
編舞者: Damon D'Amico (USA)
音樂: Tropical Depression - Alan Jackson



PREAMBLE

(Only done to initiate the dance. Does not repeat. Sets up the 4 count cha-cha.)

- 1 Side step right
- 2 Left forward
- 3 Rock back on right

BEGIN

LEFT SHUFFLE, ¼ TURN LEFT, FORWARD SHUFFLE

- 4&1 Side step left, slide right next to left, side step left
- 2&3 Turn ¼ to the left while stepping right forward across left, lock step behind right, step right forward

HITCH-TURN ¼ RIGHT, TURN ¼ LEFT, ROCK STEPS

- 4 Hitch left knee while pivoting on right foot ¼ turn to the right
- 1 Step left next to right
- 2 Turn ¼ to the left while stepping forward with right across left
- 3 Rock back on left

TURN ¼ RIGHT, RIGHT SHUFFLE, TURN ¼ RIGHT, FORWARD SHUFFLES

- 4&1 Turn ¼ to the right sidestepping with right, slide left next to right, side step with right
- 2&3 Turn ¼ to the right while stepping left forward across right, lock right behind left, left forward

HITCH-TURN ¼ LEFT, TURN ¼ RIGHT, ROCK STEPS

- 4 Hitch right knee while pivoting on left foot ¼ turn to the left
- 1 Step right next to left
- 2 Turn ¼ to the right while stepping forward with left across right
- 3 Rock back on right

TURN ¼ LEFT, LEFT SHUFFLE, FULL TURN LEFT

- 4&1 Side step left turning ¼ to the left, slide right together, while turning ¼ to the left step left forward
- 2 Cross right over left
- 3 Continue to turn another ¾ to the left

RIGHT SHUFFLE, FULL TURN RIGHT

- 4&1 Side step right, slide left together, while turning ¼ to the right step right forward
- 2 Cross left over right
- 3 Continue to turn another ¾ turn to the right

LEFT SHUFFLE, HOLD RIGHT, AND ROCK

- 4&1 Side step left, slide right next to left, side step left
- 2 Hold
- &3 Step back with right, rock step on left

FORWARD SHUFFLE, PIVOT RIGHT

- 4&1 Right forward, left next to right, right forward

- 2 Left forward
- 3 Pivot $\frac{1}{2}$ to the right

$\frac{1}{2}$ TO THE RIGHT SHUFFLE, ROCK STEPS

- 4&1 Step left forward, while turning to the right $\frac{1}{2}$ turn step right back together, step left back
- 2 Step right back
- 3 Rock forward on left

SHUFFLE $\frac{1}{2}$ TO THE LEFT, ROCK STEPS

- 4&1 Step right forward, while turning to the left $\frac{1}{2}$ turn step left back together, step right back
- 2 Step back on left
- 3 Rock forward on right

LEFT SHUFFLE, $\frac{1}{4}$ LEFT TURN, ROCK STEP

- 4&1 Side step left, slide right together, while turning $\frac{1}{4}$ to the left step left forward
- 2 Step right forward
- 3 Rock back on left

ROCK STEPS, $\frac{1}{4}$ RIGHT, SIDE SHUFFLE

- 4 Rock forward on right
- 1 Rock back on left
- 2&3 While turning $\frac{1}{4}$ to the right side step right, slide left together, side step right

$\frac{1}{4}$ RIGHT, ROCK STEPS

- 4 While turning $\frac{1}{4}$ to the right, step left forward
- 1 Rock back on right
- 2 Rock forward on left
- 3 Rock back on right

REPEAT
