

Rockin' Cowboy

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數:
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Female Bonding - Brett James



RAMBLE LEFT, STEP, HOLD, ROCK, HOLD

- 1-2 Swivel heels to the left; swivel toes to the left
- 3-4 Swivel heels to the left; swivel toes to the center
- 5-6 Step forward on right heel; hold
- 7-8 Rock forward on right foot; hold

ROCK, HOLD, ROCK, HOLD, ROCKS

- 9-10 Rock back on left heel; hold
- 11-12 Rock forward on right foot; hold
- 13-14 Rock back on left heel; rock forward on right foot
- 15-16 Rock back on left heel; rock forward on right foot

JAZZ SQUARE, DIAGONAL JUMPING JACKS

- 17-18 Step across right onto left foot; step back on right foot
- 19-20 Step to left on left foot; touch right foot next to left
- 21-22 Jump landing with both feet apart (body facing 10:00- right foot forward at 45 degrees - left foot back at 45 degrees); jump back to center
- 23-24 Jump landing with both feet apart (body facing 2:00 - left foot forward at 45 degrees - right foot back at 45 degrees) jump back to center

JUMP, CROSS, UNWIND, STEP, TOUCH, CROSS, UNWIND

- 25-26 Jump landing with both feet approximately shoulder apart; jump landing with right foot across front of, and besides left foot
- 27-28 Pivot ½ turn to left (turn on balls of both feet, ending with weight on left foot); hold and clap
- 29-30 Step to the right on right foot; touch left foot next to right
- 31-32 Cross left foot over right; pivot ½ turn to right, shift weight to left foot

SHUFFLE BACK, STEP, TOUCH, STEP, TOUCH, CROSS, UNWIND

- 33-34 Shuffle back (right, left, right)
- 35-36 Step back on left foot; touch right foot next to left
- 37-38 Step on the right on right foot; touch left foot next to right
- 39-40 Cross left foot over right; pivot ½ turn to right, shift weight to left foot

SHUFFLE BACK, STEP, TOUCH, RIGHT VINE

- 41-42 Shuffle back (right, left, right)
- 43-44 Step back on left foot; touch right foot next to left
- 45-46 Step to right with right foot; step left foot behind right
- 47-48 Step to right with right foot; touch left heel next to right

SWIVETS, LEFT VINE, SWIVETS

- 49-50 With weight on ball of right foot and heel of left foot, swivel to the left; swivel back to center
- 51-52 Step to the left with left foot; step right foot behind left
- 53-54 Step to left with left foot; touch right heel next to left
- 55-56 With weight on ball of left foot and heel of right foot, swivel to the right; swivel back to center

STEP, PIVOT, STEP, PIVOT, ROCK STEP, STOMPS

- 57-58 Step back onto right toes; pivot ½ turn to right on ball of right foot

59-60 Step forward on left foot; pivot ¼ turn to right on ball of right foot
61-62 Step forward on left foot; rock back on right foot
63-64 Stomp left foot; stomp right foot

REPEAT
