

A Rocking Good Way

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kitty de Brouwer (NL)
音樂: A Rockin' Good Way (To Mess Around and Fall In Love) - Shakin' Stevens & Bonnie Tyler



TOE/ HEEL SWIVELS, CHASSE RIGHT, CROSS ROCK STEP BACK

1-2 Toe touch right (heel to the right), heel touch right (heel to the left)
3-4 Toe touch right (heel to the right), heel touch right (heel to the left)
5&6 Step right to right side & step left beside right, step right to right side
7-8 Rock left across behind right, rock back right

TOE / HEEL SWIVELS, SHUFFLE FORWARD, ROCK STEP FORWARD

9-10 Toe touch left (heel to the left), heel touch left (heel to the right)
11-12 Toe touch left (heel to the left), heel touch left (heel to the right)
13&14 Step left forward, & step right together, step left forward
15-16 Rock forward right, rock back left

SHUFFLE BACK, SIDE ROCK, SHUFFLE FORWARD, ROCK STEP FORWARD

17&18 Step back right, & step left beside right, step back right
19-20 Rock left to left side, rock back right
21&22 Step left forward, & step right together, step left forward
23-24 Rock forward right, rock back left

SHUFFLE BACK, SHUFFLE ½ TURN LEFT, SHUFFLE ½ TURN LEFT, ROCK STEP BACK

25&26 Step back right, & step left beside right, step back right
27&28 Step left ¼ turn to left side & step right beside left, step left ¼ turn forward
29&30 Step right ¼ turn to left side & step left beside right, step left ¼ turn backward
31-32 Rock left backward, rock back right

SHUFFLE FORWARD, SIDE ROCK. ¼ TURN LEFT, BOOGIE WALKS (LOW & HIGH)

33&34 Step left forward, & step right together, step left forward
35-36 Step right to right side, both feet ¼ turn to the left side
37 Step right forward (swivel right heel to right (using the toe of the right foot) with bowed knees)
38 Step left forward (swivel left heel to left (using the toe of the left foot) with bowed knees)
39 Step right forward (swivel right heel to right (using the toe of the right foot) with stretched knees)
40 Step left forward (swivel left heel to left (using the toe of the left foot) with stretched knees)

SHUFFLE FORWARD, PIVOT TURN ½ RIGHT, BOOGIE WALKS (LOW & HIGH)

41-42 Step right forward, & step left together, step right forward
43-44 Step left forward, both feet ½ turn to the right side
45 Step left forward (swivel left heel to left (using the toe of the left foot) with bowed knees)
46 Step right forward (swivel right heel to right (using the toe of the right foot) with bowed knees)
47 Step left forward (swivel left heel to left (using the toe of the left foot) with stretched knees)
48 Step left forward (swivel left heel to left (using the toe of the left foot) with stretched knees)

SHUFFLE FORWARD, ROCK STEP FORWARD, SHUFFLE BACK, ¾ TURN SHUFFLE LEFT

49&50 Step left forward, & step right together, step left forward
51-52 Rock forward right, rock back left
53&54 Step back right, & step left beside right, step back right

55&56 Step left $\frac{1}{2}$ turn to left side & step right $\frac{1}{4}$ turn to left side, step left on place

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

57-58 Rock right to right side, rock back left

59&60 Step right over left & step left to the left side, step right over left

61-62 Rock left to the left side, rock back right

63&64 Step left over right & step right beside, step left over right

REPEAT
