

Rockin My Heart

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Melinda Barry (USA)
音樂: Little Drops of My Heart - Keith Gattis



SYNCOPATED HEEL TOUCHES

&1 Step left in place, cross right over left
&2 Step left foot out left, touch right heel out 45 degrees forward
&3 Step right foot in place, cross left behind right
&4 Step right out right, touch left heel out 45 degrees forward
&5 Step left in place, cross right over left
&6 Step left foot out left, touch right heel out 45 degrees forward
&7 Step right foot in place, cross left over right
8 Hold and clap

HIP BUMPS, SHUFFLE, AND ROCK STEP

9-10 Bump hips right two times
11-12 Bump hips left two times
13&14 Shuffle forward right, left, right
15-16 Rock forward on left foot and recover on right

SHUFFLE, ROCK BACK, SHUFFLE PIVOT ½ RIGHT

17&18 Shuffle back left, right, left
19-20 Rock back on right foot recover on left
21&22 Shuffle forward right, left, right
23-24 Step forward on left turn ½ way around to right shift weight to right foot

SHUFFLE, JAZZ SQUARE, HIP BUMPS

25&26 Shuffle forward left, right, left
27-28 Cross right foot over left, step left foot back 45 degrees to the left
29 Step right foot back 45 degrees to the right
30 Jump forward land equal weight on both feet
31-32 Bump hips right, bump hips left

VINE LEFT, VINE RIGHT WITH A ¼ TURN RIGHT

33-34 Step left foot out to left, cross right foot behind left
35-36 Step left foot out to left, touch right foot next to left
37-38 Step right foot out to right, cross left foot behind right
39-40 Step right foot out turn ¼ turn right, hitch (raise left knee)

WALKS BACK, COASTER STEP, KICK BALL WALKS

41-42 Step back on your left, step back on your right
43&44 Step back on left, step right foot back next to left, step forward on left
45&46 Kick forward right, step ball of right foot next to left, step forward on left
47&48 Repeat 45&46

ROCK STEPS, FULL TURN, ROCK STEP

49-50 Rock forward on right, recover on left
51-52 Rock back on right, recover on left
53-54 Step forward on left turning full turn landing on left
55-56 Rock forward on right, recover on left

ROCK STEP, JAZZ SQUARE, HIP BUMPS

57-58 Rock back on right, recover on left

59-60 Cross right foot over left, step left foot back 45 degrees to the left

61 Step right foot back 45 degrees to the right

62 Jump forward land equal weight on both feet

63-64 Bump hips right, bump hips left

REPEAT
