

Rocknockin'

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pepper Siquieros (USA)
音樂: Dance by the Light of the Moon - The Olympics



TOE ROCKIN: KICK RIGHT FORWARD, TOE SPLITS, KICK LEFT FORWARD, TOE SPLITS

- 1-2 Kick right foot forward, step right next to left
- 3-4 Rock weight back onto heels and fan both toes out, bring both toes back to center
- 5-6 Kick left foot forward, step left next to right
- 7-8 Rock weight back onto heels and fan both toes out, bring both toes back to center

KNEE KNOCKIN: RIGHT KNEE ROLL, LEFT KNEE ROLL, DOUBLE RIGHT KNEE ROLL

- 1-2 Roll right knee out and around to right for two counts
- 3-4 Roll left knee out and around to left for two counts
- 5-6 Roll right knee out and around to right for two counts
- 7-8 Repeat counts 5-6

STEP-SLIDE-STEP-TOUCH TO THE RIGHT AND THEN TO THE LEFT

- 1-4 Angle body diagonally to right as you step side right, slide left up to right
- 3-4 Step side right, touch left next to right
- 5-8 Angle body diagonally to left as you slide left, slide right up to left, step side left, touch right next to left

STEP RIGHT, TOUCH LEFT, STEP LEFT, STEP TOGETHER, HEEL SWIVELS, ¼ TURN LEFT

- 1-2 Angle body slightly to right as you step side right, touch left next to right
- 3-4 Angle body slightly to left step side left, step right next to left
- 5-6 With weight on toes, swivel heels left, swivel heels right
- 7-8 Swivel heels left, make ¼ turn to left as you swivel right

Weight shifts to left foot on count 8

REPEAT
