

Rodeo Rock

COPPER KNOB
STEPPERS

拍數: 0
編舞者: Heidi Angelika Scott (NOR)
音樂: Rodeo Rock - The Deans

牆數: 2

級數: Intermediate/Advanced



Sequence: AA, BB, C, A, BBBB, C, B, A, BB, CC

PART A

WALK FORWARD RIGHT, LEFT LUNGE, RIGHT LUNGE LEFT, KICK BALL RIGHT TOUCH LEFT

- 1-2 Walk forward with right, then left
- 3-4 Lunge right leg to the right, replace in center
- 5-6 Lunge left leg to the left, replace in center
- 7&8 Right kick ball touch (kick right leg forward, step in place, touch left toes next to right)

TURNING VINE LEFT, HEEL JACKS RIGHT, LEFT

- 1-4 Turning vine to the left, touch right toes next to left on 4
- &5&6 Right heel jack (jump back on right, touch left heel forward, replace left in center, step right next to left)
- &7&8 Left heel jack (jump back on left, touch right heel forward, replace right in center, step left next to right)

TURNING VINE RIGHT, HEEL JACKS LEFT, RIGHT

- 1-4 Turning vine to the right, touch left toes next to right on 4
- &5&6 Left heel jack
- &7&8 Right heel jack

KICK BALL TOUCH, ¼ TURN LEFT, TOUCH - KICK BALL TOUCH, ¼ TURN LEFT, TOUCH

- 1&2 Right kick ball touch
- 3-4 Step left foot to the left in ¼ turn to left, touch right foot next to left
- 5&6 Right kick ball touch
- 7-8 Step left foot to the left in ¼ turn to left, touch right foot next to left

PART B

2X SAILOR STEPS, ½ PIVOT LEFT, ½ PIVOT LEFT

- 1&2 Right sailor step
- 3&4 Left sailor step
- 5-6 Step forward on right, pivot ½ turn to the left
- 7-8 Step forward on right, pivot ½ turn to the left

KICK BALL TOUCH RIGHT, KICK BALL TOUCH LEFT, TOE TOUCH CROSS FORWARD, SIDE CROSS BEHIND, UNWIND RIGHT

- 1&2 Right kick ball point (point the left toe to the left)
- 3&4 Left kick ball point (point the right toe to the right)
- 5 Point right toes across in front of left leg
- 6 Point right toes to the right
- 7 Point right toes across in back of left leg
- 8 Make ½ turn to the right

SHUFFLE LEFT, SHUFFLE RIGHT, V-STEP STARTING LEFT

- 1&2 Left shuffle forward on left diagonal (lasso throws with right arm)
- 3&4 Right shuffle forward on right diagonal (lasso throws with left arm)
- 5-6 Make a "V" step stepping left foot forward on left diagonal and right forward on right diagonal

- 7-8 Replace left foot in center, replace right foot in center (make sure you have a little room between the feet)

The last time you dance part B you should turn on this V-step to face the front

- 5 Step forward on left foot on left diagonal
6 Turn ½ turn right over the right shoulder stepping right foot in center
7 Step left foot in place
8 Step right foot in place (shoulder widths apart)

APPLE JACKS, SINGLE SINGLE DOUBLE, SINGLE SINGLE DOUBLE

- 1& Single left apple jack (lift toes on left foot and heel on right foot and twist toes on left foot to the left and heel on right foot to the left), replace in center
2& Single right apple jack (lift toes on right foot and heel on left foot and twist toes on right foot to the right and heel on left foot to the right) replace in center
3&4& Double left apple (lift toes on left foot and heel on right foot and twist toes on left foot to the left and heel on right foot to the left, replace in center, repeat)
5& Single right apple jack, replace in center
6& Single left apple jack, replace in center
7&8& Double right apple jack

PART C

ROCK FORWARD RIGHT, RECOVER, ROCK BACK RIGHT, RECOVER, ROCK FORWARD RIGHT RECOVER, COASTER STEP RIGHT

- 1-2 Rock forward on right, recover on left
3-4 Rock back on right, recover on left
5-6 Rock forward on right, recover on left
7&8 Right coaster step (step back on right, step left next to right, step forward on right)

ROCK FORWARD LEFT, RECOVER, ROCK BACK LEFT, RECOVER, ROCK FORWARD LEFT RECOVER, COASTER STEP LEFT

- 1-2 Rock forward on left, recover on right
3-4 Rock back on left, recover on right
5-6 Rock forward on left, recover on right
7&8 Left coaster step (step back on left, step right next to left, step forward on left)

TOE TOUCH, STEP RIGHT, TOE TOUCH, STEP LEFT, 4 HIP BUMPS LEFT, RIGHT, LEFT, RIGHT

- 1-2 Touch right toes forward on right diagonal, step down on right foot
3-4 Touch left toes forward on left diagonal, step down on left foot
5-8 Push hips to the left, right, left, right

LASSO SWINGS, THROW AND PULL IN

- 1-2 Right arm lasso swings (arm goes forward on each count)
3-4 Right arm lasso throw (move arm back on 3 & make a throwing motion forward on 4)
5-8 Pull lasso in with right arm, left arm, right arm and left arm

You are doing this with weight on your right foot, throwing the lasso forward on left diagonal
