Rodeo Rock

COPPER KNOE

拍數: 64

牆數: 4

級數:

編舞者: Linda Hicks

音樂: Rodeo Rock - Jimmy Collins

FORWARD SHUFFLES, FUNKY TWISTS

- 1&2 Shuffle forward (right-left-right)
- 3&4 Shuffle forward (left-right-left)
- 5 Step on right foot
- & Raise left foot slightly off of floor and swivel heels to the right
- 6 Step on left foot
- & Raise right foot slightly off of floor and swivel heels to the left
- 7& Repeat beats 5&
- 8& Repeat beats 6&

BACKWARD SHUFFLES, FUNKY TWISTS

- 9&10 Shuffle backward (right-left-right)
- 11&12 Shuffle backward (left-right-left)
- 13-16& Repeat beats 5 through 8&

SIDE STEP-SLIDES

- 17 Step to the right on right foot
- 18 Slide left foot over next to right
- 19-20 Repeat beats 17 and 18 (weight remains on right foot on beat 20)
- 21 Step to the left on left foot
- 22 Slide right foot over next to left
- 23-24 Repeat beats 21 and 22 (weight remains on left foot on beat 24)

FORWARD SHUFFLE, TURN, ROCK STEPS

- 25&26 Shuffle forward (right-left-right)
- 27&28 Shuffle forward (left-right-left) making a ¹/₂ turn to the right on these steps
- 29 Step back on right foot
- 30 Rock forward on left foot
- 31-36 Repeat beats 25 through 30

STEP-SLIDES FORWARD, HOOK & SPIN, HIP PUSH

- 37 Step forward on right foot
- 38 Slide left foot up behind right
- 39-40 Repeat beats 37 and 38
- 41 Step forward on right foot
- 42 Hook left leg across right knee as you begin a ³/₄ spin to the right
- 43 Complete ³/₄ to the right spin
- 44 Step down on left foot and push hips to the left

HIP BUMPS

- 45-46 Bump hips to the right twice
- 47-48 Bump hips to the left twice
- 49 Bump hips to the right
- 50 Bump hips to the left
- 51-52 Repeat beats 49 and 50



ROCKING CHAIR

- 53 Step forward on right foot
- 54 Rock back on left foot
- 55 Step back on right foot
- 56 Rock forward on left foot
- 57-60 Repeat beats 53 through 56

TOUCH & CROSS STEPS

- 61 Touch right toes to the right
- 62 Cross right foot over left and step
- 63 Touch left toes to the left
- 64 Cross left foot over right and step

REPEAT

Alternative steps:

- 5-8& Putting weight on balls of both feet, swivel heels to the right, left, right, left
- 13-16& Putting weight on balls of both feet, swivel heels to the right, left, right, left
- 41 Step forward on right foot
- 42 Pivot ¼ turn to the left and shift weight to left foot
- 43 Step right foot next to left
- 44 Step down on left foot and push hips to the left