

Saddle Rack-N-Roll

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Rita Archer (USA)
音樂: She Wants to Rock - The Warren Brothers



POINT RIGHT, POINT LEFT, (ELVIS) KNEE SWAYS, HOLD

1-2 Right point forward, step right next to left
3-4 Left point side, step left next to right
5-6 Right point side, sway bent knees to left
7-8 Sway bent knees to right (transfer weight to right), hold

SHUFFLE, BACK SLIDE, HOP, HOP

9-10 Left forward, right together
11-12 Left forward, right together touch
13-14 Right back, left slide back to right
15-16 Hop, hop

LEFT HEEL HOOK, RIGHT ¼ TURN, KNEE UP, STOMP, STOMP

17-18 Left heel forward, left heel hook
19-20 Left heel forward, right qtr turn (weight still on right)
21-22 Left heel forward, left knee up
23-24 Left stomp, left stomp/step

RIGHT HEEL HOOK, LEFT ¼ TURN, KNEE UP, STOMP, STOMP

25-26 Right heel forward, right heel hook
27-28 Right heel forward, left qtr turn (weight still on left)
29-30 Right heel forward, right knee up
31-32 Right stomp, right stomp/step

LEFT TOE HEEL, LEFT ¼ TURN, LEFT ¼ TURN, RIGHT TOE HEEL

33-34 Left toe, snap heel down
35-36 Right forward, left qtr turn
37-38 Right forward, left qtr turn
39-40 Right toe, snap heel down

SIDE STEP & SHIMMEY, STEP OUT, HIP ROLL

41-44 Left side step (shimmy) right together step
&45-46 Jump-left out to side, right out to side, hold
47-48 Hip roll (left, back, right, front)

REPEAT

After completing the first 48 counts of "She wants to Rock" ONLY, there is a 16-count break (one time ONLY) before you repeat the dance. The break is as follows:

1-2 Right toe, snap heel down
3-4 Left toe, snap heel down
5-6 Right forward, left qtr turn
7-8 Right forward, left qtr turn
9-16 Repeat 1-8