

Shuffle Rock

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Max Perry (USA)
音樂: No More Protecting My Heart - Jamie O'Neal



BACK ROCK, FORWARD SHUFFLE, 2 WALKS FORWARD, ¼ TURN RIGHT

1-2 Rock right back, step left in place
3&4 Right shuffle forward (right, left, right)
5-6 Walk forward left, right
7-8 Step left forward & turn ¼ right, step right in place

CROSS, SIDE, SYNCOPATED WEAVE, ROCK SIDE, SYNCOPATED WEAVE

1-2 Step left forward & across right, step right to right side
3&4 Cross left behind right, step right to right side, cross left over right
5-6 Rock right to right side, step left in place
7&8 Cross right behind left, step left to left side, cross right over left

SIDE ROCK ½ TURN, LEFT SHUFFLE IN PLACE, 2 RIGHT KICK BALL CHANGES

1-2 Rock left to left side, step right in place and turn ½ right
3&4 Left shuffle in place (left, right, left)
5&6 Kick right forward, rock right back, step left in place (kick ball change)
7&8 Repeat right kick ball change

ROCK STEP FORWARD, BACK COASTER STEP, ½ TURN, ½ TURN SHUFFLE

1-2 Rock right forward, step left in place
3&4 Step right back, step left next to right, step right forward
5-6 Step left forward & turn ½ right, step right in place
7&8 Turn ½ right while doing a left shuffle in place (left, right, left)

REPEAT
