

Timeless Rock 'n' Roll

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Johnny S. (UK)
音樂: Old Time Rock 'N' Roll - Status Quo



HEEL-TOE STRUTS FORWARD

- 1-2 Step right toe forward, step right heel to floor
- 3-4 Step left toe forward, step left heel to floor
- 5-8 Repeat counts 1-4 above

Do these steps with attitude/fun. For styling the first 8 counts can be done with knee-pops as you travel forward. The more adventurous can also try one or two forward rolling grapevines!

BOUNCE HEELS RIGHT & LEFT, HEEL SWIVELS

- 1-4 Bounce both heels to right twice, bounce both heels to left twice
- 5-8 Swivel both heels right, left, right, center

Moving down and up during counts 5-8

KICK, ¼ TURN LEFT WITH BACK KICK, KICK-BALL-CROSS, CHASSE, ROCK-STEP

- 1-2 Kick right foot forward, on ball of left make ¼ turn left - while kicking right foot back
- 3&4 Kick right foot forward, step right foot in place, step left across in front of right foot
- 5&6 Step right foot to right side, step left beside right, step right to right side
- 7-8 Rock left foot back behind right, replace weight back onto right

KICK, ½ TURN RIGHT WITH BACK KICK, KICK-BALL-CROSS, CHASSE, ROCK-STEP

- 1-2 Kick left foot forward, on ball of right make ½ turn right - while kicking left back

Alternate steps:

- 1-2 Step left foot forward, pivot ½ turn right
- 3&4 Kick left foot forward, step left in place, step right across in front of left
- 5&6 Step left foot to left side, step right beside left, step left to left side
- 7-8 Rock right foot behind left, replace weight back onto left

REPEAT
