

I Dig Rock And Roll Music

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Bob Izral (USA)
音樂: I Dig Rock and Roll Music - Peter, Paul & Mary



The song has no intro, so start the dance with weight pressed into left toe, kicking the left foot out to the side on count 2 with the word "dig."

PRESS, KICK, CROSS & CROSS, SIDE, TOGETHER, SIDE SHUFFLE

1-2 Press left toe to the side, kick left to the side
3&4 Cross left behind, step right to the side, cross left over
5-6 Step right to the side, step left together
7&8 Step right to the side, step left together, step right to the side

2 MAMBOS, SIDE ROCK, CROSS & CROSS

1&2 Rock left forward, replace right backward, step left together
3&4 Rock right backward, replace left forward, step right together
5-6 Rock left to the side, replace right to the side
7&8 Cross left behind, step right to the side, cross left over

PRESS, KICK, CROSS & CROSS, SIDE, TOGETHER, SIDE SHUFFLE

1-2 Press right toe to the side, kick right to the side
3&4 Cross right behind, step left to the side, cross right over
5-6 Step left to the side, step right together
7&8 Step left to the side, step right together, step left to the side

2 MAMBOS, SIDE ROCK, CROSS, TURN, STEP

1&2 Rock right forward, replace left backward, step right together
3&4 Rock left backward, replace right forward, step left together
5-6 Rock right to the side, replace left to the side
7&8 Cross right behind, turn ¼ left & step left forward, step right forward with toe turned out

TERRACES

1-2 Step left forward (extended 3rd position), step right instep to left heel (3rd position)
Continue terraces in 3rd position, left toe pointing forward, right toe turned out
3&4 Step left forward, step right instep to left heel, step left forward
5-6 Step right instep to left heel, step left forward
7&8 Step right instep to left heel, step left forward, step right instep to left heel

ROCK STEP, TRIPLE TURN, SPIRAL, SHUFFLE

1-2 Rock left forward, replace right backward
3&4 Left triple step (left, right, left) turning ½ left
5-6 Step right forward & spiral full left turn, step left forward (easy option: 2 walks forward)
7&8 Step right forward, step left together, step right forward

"TRUCKIN' LIKE THE DOODAH MAN"

When touching left heel forward, bend right elbow at 90 degrees, right palm facing left, giving the peace sign; when touching right heel forward, do the same with the left elbow and hand, giving the peace sign. Bring hands down when straightening up

1-2 Lean back and touch left heel forward, straighten up and step left slightly forward
3-4 Lean back and touch right heel forward, straighten up and step right slightly forward
5-6 Lean back and touch left heel forward, straighten up and step left slightly forward

7-8 Lean back and touch right heel forward, straighten up and step right slightly forward

ROCK STEP, COASTER STEP, SIDE ROCK, CROSS & CROSS

1-2 Rock left forward, replace right backward

3&4 Step left backward, step right together, step left forward

5-6 Rock right to the side, replace left to the side

7&8 Cross right behind, step left to the side, cross right over

REPEAT
