

Feel Like Rockin'

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Caz Mawby (UK)
音樂: The More I Feel Like Rockin' - Tracy Byrd



RIGHT SHUFFLE FORWARD, FORWARD ROCK, LEFT SHUFFLE BACK, BACK ROCK

1&2 Shuffle forward right, left, right
3-4 Rock left forward, recover on right
5&6 Shuffle back left, right, left
7-8 Rock right back, recover on left

STEP ½ TURN LEFT, HEEL SWITCHES, RIGHT SHUFFLE FORWARD HEEL SWITCHES

1-2 Step right forward, turn ½ left (weight to left)
3&4& Touch right heel forward, step right together, touch left heel forward, step left together
5&6 Shuffle forward right, left, right
7&8& Touch left heel forward, step left together, touch right heel forward, step right together

FORWARD ROCK, LEFT COASTER ¼ TURN, ¼ TURN LEFT TWICE (PADDLES)

1-2 Rock left forward, recover on right
3&4 Turn ¼ left and coaster step left, right, left
5-6 Step right forward, turn ¼ left (weight to left)
7-8 Step right forward, turn ¼ left (weight to left)

ROCKING CHAIR, ¼ TURN RIGHT KICK LEFT, ¼ TURN LEFT KICK RIGHT

1-4 Rocking chair forward and back
5-6 Turn ¼ right and step right forward, kick left forward
7-8 Turn ¼ left and step left to side, kick right forward

BACK ROCK, CHASSE RIGHT, BACK ROCK, ½ HINGE TURN

1-2 Rock right back, recover on left
3&4 Shuffle to side right, left, right
5-6 Rock left back, recover on right
7-8 Turn ¼ right and step left back, turn ¼ right and step right to side

ROCKING CHAIR, ¼ TURN LEFT KICK RIGHT, ¼ TURN RIGHT KICK LEFT

1-4 Rocking chair forward and back
5-6 Turn ¼ left and step left forward, kick right forward
7-8 Turn ¼ right and step right to side, kick left forward

BACK ROCK, CHASSE LEFT, BACK ROCK, STEP ½ TURN LEFT

1-2 Rock left back, recover on right
3&4 Shuffle to side left, right, left
5-6 Rock right back, recover on left
7-8 Step right forward, turn ½ left (weight to left)

REPEAT