

# Can You Rock?

**COPPER** **KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Terry Mchugh (UK)  
音樂: Old Time Rock & Roll - Bob Seger



## **RIGHT KICK BALL CHANGE, STOMPS TWICE, RIGHT KICK BALL CHANGE, STOMPS TWICE**

1&2      Kick right leg forward, step right beside left, step left in place(weight on left)  
3-4      Stomp on right, push hips left, stomp on left, push hips right  
5-8      Repeat steps 1-4

## **SHUFFLE RIGHT, BACK ROCK, ½ TURN RIGHT, CROSS SHUFFLE**

1&2      Shuffle right, right, left, right  
3-4      Rock back on left, recover on right  
5-6      Step left to left side, pivot ½ turn on left foot, place right beside left  
7-8      Cross shuffle right, left, right, left

## **ROCK FORWARD ON RIGHT, WITH ¼ TURN RIGHT BACK SHUFFLE, BACK ROCK FORWARD SHUFFLE**

1-2      Step forward on right, with ¼ turn right, rock back on to left  
3&4      Shuffle back right, left, right  
5-6      Rock back on left, rock forward on right  
7&8      Shuffle forward left, right, left

## **RIGHT KICK BALL CHANGE, STOMPS TWICE, RIGHT KICK BALL CHANGE, STOMPS TWICE**

1-8      Repeat section 1

## **RIGHT SHUFFLE, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE**

1&2      Shuffle right, right, left, right  
3&4      Cross shuffle right, left, right, left  
5-6      Rock to right side, rock to left side  
7&8      Cross shuffle left, right, left, right

## **¼ TURN RIGHT, FRONT KICK, SAILOR STEPS X2WITH ¼ TURN RIGHT**

1-2      Step left to left side with ¼ turn right, kick right leg forward  
3&4      Step right behind left, step left beside right, step right in place  
5&6      Step left behind right, step right beside left, with ¼ turn right, step left beside right  
7-8      Rock back on right, rock forward on left

## **ROCK AND COASTER STEP TWICE**

1-2      Rock forward on right, rock back on left  
3&4      Step back on right, step left beside right, step forward on right  
5-6      Rock forward on left, rock back on right  
7&8      Step back on left, step right beside left, step forward on left

## **HEEL JACKS AND DIAGONAL FORWARD SLIDEX2**

1&2&      Dig right heel forward, step right beside left, dig left heel forward, step left beside right.  
3-4      Slide right diagonally forward. Step left beside right  
5&6&      Dig left heel forward, step left beside right, dig right heel forward, step right beside left  
7-8      Slide left diagonally forward, step right beside left (weight on left)

**REPEAT**

