

Can't Stop The Rock

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Earleen Florka
音樂: Stop The Rock - Apollo Four Forty



1st Place Overall Non-Country Choreography at Chicagoland August 2001

Rock RIGHT, step RIGHT & Shimmy, rock LEFT, step LEFT & Shimmy, Kick RIGHT, Step BACK RIGHT WITH LOOK BACK & HAND ON RIGHT THIGH, 2 LEFT HIP BUMPS FORWARD

- 1 Rock right to right side (pushing hips to right/shimmy shoulders)
- & Lift left slightly up/down (still with shimmy)
- 2 Step slightly forward down on right (right takes weight)
- 3 Rock left to left side (pushing hips to left/shimmy shoulders)
- & Lift right slightly up/down (still with shimmy)
- 4 Step slightly forward down on left (left takes weight)
- 5 Kick right forward
- & Step back on right (at same time, right hand on right thigh looking back over right shoulder and right takes weight)
- 6 Touch left toe forward-hold
- 7&8 Bump left hip forward 2 times (keeping weight on right)

STEP DOWN LEFT, BRUSH RIGHT FORWARD, TOUCH RIGHT TOE OVER LEFT, 2 JERKS, HIP ROLLS

- 9 Step down on left
- & Brush right toe forward
- 10 Touch right toe over left with slight hold (at same time, bring both arms up slightly above head level to get ready to the jerk, with both hands in a fist)
- 11-12 Do the jerk, forward 2 times, (with both arms slightly above head level hand in a fist while doing the jerk)
- 13-14 Pivoting on left, ¼ hip roll to left counter to the right
- 15&16 Two hip rolls in place counter to the right double time, left takes weight)

WEAVING VINE TO LEFT WITH HOLD, FUNKY CHICKEN BACK

- 17&18 Step right over left, step left to left side, step right behind left
- &19& Step left to left, step right over left, step left to left
- 20 Touch right toe slightly in front of left and hold
- &21 Right toe to right side bring both knees out/in
- &22 Left toe to left side bring both knees out/in
- &23 Repeat & 21
- 24 Step forward on left (left takes weight)

Palm of hands should be open down by thighs and twist shoulders while doing the funky chicken move back

TWIST ¼ TO LEFT, TWIST RIGHT/LEFT, TWIST RIGHT/LEFT/RIGHT, TOUCH RIGHT BEHIND LEFT, STEP DOWN ON RIGHT WITH 1/8 TURN RIGHT, TOUCH LEFT BEHIND RIGHT, STEP DOWN LEFT WITH 1/8 TURN RIGHT

- 25 Twist hips to left with ¼ to right (twist both feet at same time with hips)
- & Twist hips and feet to right
- 26 Twist hips & feet to left (left takes weight)
- 27 Twist hips and feet to right
- & Twist hips and feet to left
- 28 Twist hips and feet to right (left takes weight)
- 29 Touch right toe behind left
- 30 1/8 turn to right stepping down on right (right takes weight)

31 Touch left toe behind right
32 1/8 turn to right stepping down on left (left takes weight)

REPEAT

OPTIONAL MOVES:

When doing the jerk (counts 11-12), you can jerk 3 times instead of 2, which would then be 11&12, when music is slower

When doing the hip rolls (counts 15&16), you can do a 2 count hip roll, which becomes slower hip rolls

When doing the funky chicken move, you can twist the feet in/out at the same time with the knees on counts &21-23

When doing the right/left toe touches for counts 29 and 31, you can do a slight rock back on the toes with right for right toe touch back and rock left for left toe touch
