

Carolina Rock

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ellie Sahn & M. E. Canaday
音樂: Good Brown Gravy - Joe Diffie



RIGHT SIDE SHUFFLE, ROCK-STEP, ½ PIVOT TURN, ½ PIVOT TURN

1&2 Step right foot to right side; step left together; step right foot to right
3-4 Rock-step left foot back; step right foot forward
5-6 Step left foot forward; pivot ½ turn right
7-8 Step left foot forward; pivot ½ turn right.

LEFT SIDE SHUFFLE, ROCK-STEP, ½ PIVOT TURN, ½ PIVOT TURN

9&10 Step left foot to left side; step right together; step left foot to left
11-12 Rock-step right foot back; step left foot forward
13-14 Step right foot forward; pivot ½ turn left
15-16 Step right foot forward; pivot ½ turn left.

FORWARD TOE-HEEL STRUTS

17-18 Step ball of right foot forward; lower right heel to floor shifting weight to right
19-20 Step ball of left foot forward; lower left heel to floor shifting weight to left
21-22 Step ball of right foot forward; lower right heel to floor shifting weight to right
23-24 Step ball of left foot forward; lower left heel to floor shifting weight to left.

TWO RIGHT JAZZ BOXES

25-26 Cross-step right foot over left; step left foot back
27-28 Step right foot to right & slightly forward; step left beside right
29-30 Cross-step right foot over left; step left foot back
31-32 Step right foot to right & slightly forward; step left beside right.

HIP BUMPS AND HIP ROLLS

33-34 Step right foot slightly forward toward 10:00 bumping hips forward right; bump hips forward right again
35-36 Bump hips backward twice
37-38 Roll hips to the left, right, & forward, then left & back
39-40 Again, roll hips to the left, right & forward, then left & back ending with weight on left.

BACKWARD SHUFFLE, ROCK-STEP, DOUBLE SCOOT, STEP, TOUCH

41-42 Step right foot back; step left together; step right foot back
43-44 Rock-step left foot back; step right foot forward
45-46 Scoot forward twice on right foot with left knee raised
47-48 Step left foot forward; touch right toe beside left foot.

STEP, TOUCH, STEP, TOUCH, TWO SWIVEL TURNS

49-50 Step right foot back; touch left toe beside right foot
51-52 Step left foot forward; touch right toe beside left foot
53-54 Pivoting 1/8 turn left on ball of left, touch right toe right; touch right toe beside left foot
55-56 Pivoting 1/8 turn left on ball of left, touch right toe right; touch right toe beside left foot.

TWO RIGHT KICK-BALL-CHANGES, STOMP, STOMP, CLAP, HOLD

57&58 Kick right foot forward; step on ball of right; step on left
59&60 Kick right foot forward; step on ball of right; step on left

61-62 Stomp right foot (up) beside left foot twice (weight remains on left)
63-64 Clap hands at chest level; hold 1 beat.

REPEAT
