

Ain't Had A Rock In Ages

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Judith Campbell (NZ)
音樂: Ain't Had A Rock In Ages - Becky Hobbs



STEP FORWARD TAP, STEP BACK KICK, BEHIND SIDE FRONT, HOLD

1-4 Step forward on right, tap left behind, step back on left, kick right forward towards right corner
5-8 Step right foot behind left, step left to left, step right foot across in front of left, hold

DOUBLE HIP BUMPS, ¼ TURN LEFT WITH SIDE TOE STRUT, ¼ TURN LEFT WITH SIDE TOE STRUT

1-4 Step left slightly forward doing 2 hip bumps with left hip, then 2 hip bumps back with right hip (weight ends on right foot)
5-8 Turning ¼ to left step left toe to left side, drop heel, turning ¼ to left step right toe to right side, drop heel

BEHIND SIDE PLACE, BRUSH, STEP TOGETHER STEP, BRUSH

1-4 Step left foot behind right, step right to right side, step left in place, brush right foot forward
5-8 Step forward onto right foot, step left next to right, step forward on right, brush left forward

TOE HEEL TO LEFT SIDE, TOE HEEL TO RIGHT SIDE, TOE HEEL TO CENTER, STOMP, CLAP

1-4 Step left toe out to left side, drop heel, step right toe out to right side, drop heel
5-8 Step left toe in to center, drop heel, stomp right foot next to left, clap

3 WALKS BACK (RIGHT-LEFT-RIGHT), KICK, 3 WALKS BACK (LEFT-RIGHT-LEFT), KICK

1-4 Three walks back (right-left-right), kick left foot forward (clicking fingers or clap on the kick)
5-8 Three walks back (left-right-left), kick right foot forward (clicking fingers or clap on the kick)

SIDE ROCK, RECOVER, CROSS HOLD, FULL ROLL TO LEFT, HOLD

1-4 Step/rock to right side, recover onto left, cross right over left, hold
5-8 Turning ¼ left step forward on left, turning ½ to left step back on right, turning ¼ to left step left to left side, hold

SIDE ROCK, RECOVER, DOUBLE KICK ACROSS LEFT FOOT (TWICE)

1-4 Step/rock to right side, recover onto left, 2 kicks with right foot across in front of left foot
5-8 Step/rock to right side, recover onto left, 2 kicks with right foot across in front of left foot

MONTEREY TURN ½ TO RIGHT, MONTEREY TURN ½ TO RIGHT

1-4 Touch right toe out to right side, turning ½ to right closing right next to left, touch left foot out to left, close left next to right
5-8 Touch right toe out to right side, turning ½ to right closing right next to left, touch left foot out to left, close left next to right

REPEAT

TAG 1

End of wall 1(facing back)

1-4 Swivel to right side with (heels, toes, heel, toes)

TAG 2

End of wall 2: (facing front)

1-12 Swivels to right (heels toes heels toes then do the Monterey turns again)

TAG 3

End of wall 3: (facing back)

1-4 Swivel to right (heels toes heels toes)

FINISH

On the last wall (wall 7), finish the dance by doing the toe heel struts out to the left & right side then turn ½ to face the front on the 3rd strut and finish with the stomp

Thank you to DJ (Bear) from Auckland for asking me to write a dance to this great track
