

# 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

---