

Rockin' My Life Away

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Lesley Clark (SCO) - July 2006
音樂: Rockin' My Life Away - Jerry Lee Lewis



Start on vocals

FAN TOES, HEEL OUT & IN ON RIGHT & LEFT

1-2 Fan right toes to right side, right heel to right side
3-4 Bring right heel back to centre, bring toes back to centre
5-6 Fan left heel to left side, left toes to left side
Option: if you find it easier to do toe then heel feel free)
7-8 Bring toes left toes back to centre, bring left heel back to centre

FAN BOTH TOES & HEELS OUT & IN, RIGHT GRAPEVINE

1-2 Fan both toes out to the side, both heels out
3-4 Bring both toes back to centre, bring both heels back to centre
5-6 Step right to right side, step left behind right
7-8 Step right to right side, touch left beside right

LEFT GRAPEVINE ¼ TURN, SCUFF, RIGHT LOCKSTEP, SCUFF

1-2 Step left to left side, step right behind left
3-4 Turn ¼ left stepping forward on left, scuff right foot forward
5-6 Step right foot forward, lock left behind right,
7-8 Step right foot forward, scuff left foot forward

STEP ½ TURN, STEP ½ TURN, LEFT LOCK STEP

1-2 Step forward on left, ½ turn right (weight on right foot)
3-4 Step forward on left, ½ turn right (weight on right foot)
5-6 Step forward on left foot, lock right behind left
7-8 Step forward on left foot, hold for one count

STEP, ½ TURN, STEP, HOLD, LEFT LOCK STEP

1-2 Step forward on right, turn ½ turn left (weight on left foot)
3-4 Step forward on right, hold for one count
5-6 Step forward on left foot, lock right behind left
7-8 Step forward on left foot, hold for one count

FULL MONTERY TURN

1-2 Point right to right side, make ½ turn right stepping right next to left
3-4 Point left to left side, step left next to right
5-6 Point right to right side, make ½ turn right stepping right next to left
7-8 Point left to left side, step left next to right

End of dance??..