

A Rockin' Groove

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Thomas Haynes (USA) - January 2008
音樂: Groove With Me Tonight - MDO



Or Music:

True Blue by Madonna [120 bpm / True Blue / Available on iTunes]

A Rockin Good Way by Shakin' Stevens [Hits Of Shakin' Stevens]

STEP RIGHT, LEFT, SHUFFLE, ROCK STEP, SHUFFLE

1-2 Angling right diagonal (2:00) step right, step left in front of right
3&4 Continue moving right diagonal shuffle forward right-left-right
5-6 Cross rock left over right
7&8 Shuffle in place left-right-left straighten back to 12:00

LEFT WEAVE INTO A ¼ TURN LEFT, RIGHT & LEFT STRUT FORWARD WITH HIPS

1-2 Cross right over left, step out on left
3-4 Cross right behind left, step left turning ¼ turn left
5&6 Step forward on ball of right, step on right (bumping hips right, left, right)
7&8 Step left forward ball of left, step down on left (bumping hips left, right, left)

MAKE ½ PIVOT TURN LEFT, RIGHT, LEFT SHUFFLE FORWARD, CROSS

1-2 Step ball of right forward, pivot ½ turn left (keeping weight on left)
3&4 Shuffle forward right-left-right
5&6 Shuffle forward left-right-left
7-8 Cross right over left, step left back (option hips bumps on shuffles)

MAKE ¼ TURN RIGHT STEP, TOUCH, SIDE STEP, TOUCH, SIDE ROCK, STEP, STEP

1-2 Turning ¼ turn right step right, touch left next to right
3-4 Side step left, touch right next to left
5-6 Rock right behind left, step left in place
7-8 Step right slightly forward, step left next to right

REPEAT
