

Rocky Balboa

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Carly Dobmeier (USA) - January 2007
音樂: Like This - Mims : (Album: Music Is My Savior)



Jump out, Shoulders, Hop 2x, Rock step back, Lock, Unwind

- 1 Jump both feet squarely forward and bend knees crouching down.
&2 (Still Down) lift right shoulder up, the drop right shoulder and bring left shoulder up.
3 while standing up, step right foot next to left foot
&4 Jump from knee up with left foot. Jump from knee up on right foot. End weighted R.
5& Rock left diagonally forward. Recover back on right (still facing diagonal).
6 7 1/8 turn to face 9:00, big side left. Lock right foot over left.
8 Spiral unwind turn 1 turn left to face 9:00. End on right foot. Let your left foot ronde around into next step.

Side back (turn) side, Bodyroll, Walk, walk, Roll Roll hit

- 1&2 Side left. 1/8 turn left, step back right. 1/8 turn left, point left foot to side.
3 4 Left body roll down. End weight on left foot, right knee rolled in
5 6 ¼ turn right, walk forward right, left
7&8 Feet together hop straight forward 3 times. Shoulders are tilted to the left slightly as you hop forward. Hands are in front of chest in fists with elbows out. Roll your right fist forward around your left fist twice (7&). Punch right arm forward on 8.

Side, Rock back, Rock forward, Back ¼ cross, ¼ cross behind

- 1 Big side step right. Head looks down.
&2 Rock left foot back. Recover forward on right. Head stays down.
3 Head looks straight ahead on 3
&4 Rock forward on left. Recover back on right.
&5 6 Back left. ¼ right step side right. Cross left in front of right.
7 8 ¼ turn right, step side. Step left foot behind right foot.

Out out & Cross, Knee bends, Coaster Step, Skate skate

- 1&2 Right foot steps out side. Left foot steps out side. Right foot steps in next to left.
&3&4 Step left foot diagonally across right bending knees. Straighten and bend knees to create level change. With first cross step, this pattern in down, up, down, up.
5&6 Coaster step, right back, Left together, right forward.
7 8 Skate forward left, right.

No tags or restarts. Have fun!!
