

# Born To Rock

COPPER KNOB  
STEPSHEETS

拍數: 0                      牆數: 0  
編舞者: Leong Mei Ling (MY) - May 2008  
音樂: C'mon Everybody - Elvis Presley

級數: Phrased Intermediate



Intro: Starts after 8 counts at vocals.

Sequence: A, A, B, A, B, A, 16cts ending

(Note: For the 2nd and 4th eight (section) of A, the dancer is required to dance following the lyrics of the song.

For example: During the 1st rotation of A, Elvis sings 'Snap Your Fingers' and then later 'Clap Your Hands'.  
So

A1 - Snap Fingers & Clap Hands refers to that.

Refer to end of page for steps to the 2nd and 3rd rotation of A:

A2 - Bump Hips & Stomp Feet; A3 - Head Turns to the Left & Right)

**\*\*It's really a very simple dance although the stepsheet may look otherwise :-) \*\***

## SECTION A

### WALK FORWARD WITH HAND SLAPS

1-4                      Walk forward R, slap hands on hips, walk forward L, slap hands on upper thighs  
5-8                      Repeat 1-4

### \*SNAP FINGERS

#### A1

1                      Step R to right side  
2-3                      Snap fingers right (head level), hold  
4-5                      Snap fingers left (head level), hold  
6-7                      Snap fingers right (hip level), hold  
8                      Snap fingers left, hip level

### WALK BACK WITH HAND SLAPS

1-4                      Step back R, slap upper thighs, Step back L, slap upper thighs  
5-8                      Repeat 1-4

### \*CLAP HANDS

#### A1

1                      Step R to right side  
2-3                      Clap hands right (head level), hold  
4-5                      Clap hands left (head level), hold  
6-7                      Clap hands right (hip level), hold  
8                      Clap hands left, hip level

### TOE STRUT, BACK ROCK, TOE STRUT, BACK ROCK

1-4                      Touch R toe to right, Step R foot down; Step L behind R, recover weight to R  
5-8                      Touch L toe to left, Step L foot down; Step R behind L, recover weight to L

### LONG STEP RIGHT, 1/4 TURN RIGHT, HEEL BOUNCES

- 1-4 Big step to the right with R (2 counts), 1/4 right turn step L to left, hold  
5-8 Bounce R heel to floor (X2), Bounce L heel to floor (X2)

### **BACK ROCK, TOE HEEL CROSSES (3X), STEP**

- 1-2 Step R back, recover on L  
3-6 Touch R toe to L instep, Tap R heel to floor, cross R over L; Hold  
7-8 Touch L toe to R instep, Tap L heel to floor  
1-2 Cross L over R; Hold  
3-6 Touch R toe to L instep, Tap R heel to floor, cross R over L; Hold  
7-8 Step L beside R, Hold

**(option: replace toe-heel with toe-kick)**

### **ELVIS KNEES**

- 1-2 Turn R knee in towards left (L leg straight), hold  
**(both arms at shoulder level, elbows bent, forearms up)**  
3-4 Turn L knee in (R leg straight), hold  
5 Turn R knee in (L leg straight); (Drop arms down to sides & snap fingers)  
6-8 Hold

### **TOE STRUTS IN PLACE**

- 1-4 Touch R toe beside L, Step R foot in place; Touch L toe beside R, Step L foot in place  
5-8 (repeat 1-4)

### **SECTION B**

#### **JAZZ BOX**

- 1-2 Cross R over L, Hold  
3-4 Step L back, Hold  
5-6 Step R to right, Hold  
7-8 Step L forward in front of R, Hold

**(Option: Jazz box can be done with toe struts)**

#### **TWIST TO THE RIGHT**

- 1 Step R to right side  
2-8 Twist hips R, L, R, L, R, L, R (finish with weight on R foot)  
**(Note: Or do free-style twist as long as your weight ends on the R on count 8)**

#### **JAZZ BOX**

- 1-2 Cross L over R, Hold  
3-4 Step R back, Hold  
5-6 Step L to left, Hold  
7-8 Step R forward in front of L foot, Hold

**(Option: Jazz box can be done with toe struts)**

#### **FREEZE, TWIST LEFT**

- 1-4 Step L to left side, hold (Freeze)  
5-8 Twist hips R, L, R, L (finish with weight on L foot)

### **ENDING**

#### **TOE STRUTS, MONTEREY TURN (2X8)**

- 1-2, 3-4 Touch R toe beside L, Step R foot in place; Touch L toe beside R, Step L foot in place  
5-6, 7-8 Touch R to right, 1/2 R step R beside L; Touch L to left, step L beside R

**Last count: Strike an Elvis pose!**

**HAVE FUN!**

**\*Section A inserts\*:**

**A2 (done on the 2nd rotation of A):**

**(2nd eight) HIP BUMPS**

- 1 Step R to right side
- 2-3 Bump hip right
- 4-5 Bump hip left
- 6-7 Bump hip right
- 8 Bump hip left

**(4th eight) FOOT STOMPS**

- 1 Step R to right
- 2-3 Stomp L, replace weight to R
- 4-7 repeat 2-3
- 8 Stomp L

**A3 (done on the 3rd and last rotation of A):**

**(2nd eight) TURN HEAD LEFT**

- 1-2 Cross R over L (Look L)
- 3-4 Step L to L (Look forward)
- 5-6 Cross R over L (Look L)
- 7-8 Step L to L (look forward)

**(4th eight) TURN HEAD RIGHT**

- 1-2 Step R to right (Look R)
  - 3-4 Cross L over R (Look forward)
  - 5-6 Step R to right (Look R)
  - 7-8 Cross L over r (look forward)
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