

Rockin' Shoes

COPPER **NOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Tony Wilson (USA) & Lana Wilson (USA) - May 2008
音樂: Rocks In Your Shoes - Emily West



FWD, IN-OUT, CENTER, FWD ROCK, RECOVER, TOUCH BACK, 1/2 UNWIND

1 Touch R foot forward keeping weight on L
2-4 Swivel R heel in, swivel R heel out, swivel R heel center taking weight on R
5-6 Rock forward on L, recover back on R
7-8 Touch L toe behind R, unwind 1/2 left weight ending on L

SIDE SHUFFLE, ROCK BACK, RECOVER, 1/4 TURN, 1/2 TURN, FWD SHUFFLE

9&10 Shuffle RLR to right side
11-12 Rock back on L, recover forward on R
13 Turn 1/4 right stepping L back
14 Turn 1/2 right stepping R forward
15&16 Shuffle forward LRL

ROCK-RECOVER-BACK, SWEEP/STEPS, BACK COASTER, HEEL GRIND 1/4 TURN

17&18 Rock forward on R, recover back on L, step back on R
19 Sweep L around and step it down directly behind R
20 Sweep R around and step it down directly behind L
21&22 Step L back, step R beside L, step L forward
23 Step R heel forward toes pointing left
24 Grind R heel turning 1/4 right stepping back on L

BACK COASTER, FWD SHUFFLE, STEP FWD, HEEL & HEEL 1/4 TURN & CLOSE

25&26 Step back on R, step L beside R, step R forward
27&28 Shuffle forward LRL
29 Step R forward
30& Touch L heel forward, step L beside R
31& Turn 1/4 right touching R heel forward, step R beside L
32 Step L beside R

Begin Again

Restart: On 4th pattern, facing 3:00, dance counts 1-16 and restart dance from beginning.

Ending: Last full pattern is started at 12:00. Then dance counts 1-6 and add this:

7-8 Touch L toe behind R, unwind 3/4 left keeping weight back on R and L knee bent as music fades.....
