

# Rockin' a Mile a Minute

COPPER KNOB  
STEPSHEETS

拍數: 52      牆數: 4      級數: Intermediate  
編舞者: Alan Haywood (UK) - August 2008  
音樂: Rockin a Mile a Minute - Candy Coburn : (CD: Rev It Up)



**Intro: 32 count, start on vocals**

**Sect 1: 'Dorothy' steps & cross shuffle, ¼ R, hold**

1-2            Step right diagonally right, lock left behind right  
&3-4          Step right next to left, step left diagonally left, lock right behind left  
&5&6         Step left next to right, cross step right over left, step left to left side, cross step right over left  
7-8            Pivot ¼ turn right stepping back onto left, hold for one count (3 o'clock)

**Sect 2: Rock back R, recover L, R forward shuffle, rock forward L, recover R, ½ L, ½ L**

1-2            Rock back onto right, recover weight forward onto left  
3&4          Step forward onto right, close left next to right, step forward onto right  
5-6          Rock forward onto left, recover weight back onto right  
7-8          Make ½ turn left stepping left forward, make ½ turn left stepping right back (3 o'clock)

**Easy Option for 7-8: Walk back 2 steps, left right**

**Sect 3: Rock back L, recover R, ¼ R L side shuffle, rock back R, recover L, hinge ½ L**

1-2            Rock back onto left, recover weight forward onto right  
3&4          Making ¼ right step left to left side, close right next to left, step left to left side (6 o'clock)  
5-6          Rock back right behind left, recover forward onto left  
7-8          Make ¼ turn left stepping right back, make ¼ left stepping left side (12 o'clock)

**Sect 4: Cross rock R, recover L, ¼ R shuffle, L forward, ½ R, walk forward L R**

1-2            Cross rock right over left, recover weight back onto left  
3&4          Step right ¼ right, close left next to right, step right forward (3 o'clock)  
5-6          Step left forward, pivot ½ right (9 o'clock)  
7-8          Walk forward left right

**Sect 5: 2 X Rock Steps, L forward shuffle, R forward ½ L**

1-2            Rock forward onto left, rock back onto right  
3- 4          Rock forward onto left, rock back onto right

**Steps 1 – 4 Can Be Replaced With A Forward Body Roll**

5&6          Step left forward, close right next to left, step left forward  
7-8          Step forward onto right, pivot ½ turn left (3 o'clock)

**Sect 6: Walk forward R L, R side rock, recover L, jazz box ¼ R**

1-2            Walk forward right, walk forward left  
3-4          Rock right to right side, recover weight onto left  
5-6          Cross step right over left, step left back  
7-8          Step right ¼ right, step left slightly forward (6 o'clock)

**Sect 7: (4 counts only to finish dance) Jazz box ¼ R**

1-2            Cross step right over left, step left back  
3-4          Step right ¼ right, step left slightly forward (9 o'clock)

**REPEAT AND ENJOY!**

**Note: 52 counts is unusual but this dance will fit any up tempo song to a 48 count just by dropping section 7**

and then it will restart perfectly but will become a 2 wall dance!

NO TAGS OR RESTARTS – YIPPEE

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