

Rainbow Rock

COPPER **KNOB**
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Knox Rhine (USA) - May 2010
音樂: Rock At The End Of My Rainbow - Heather Myles



SCISSORS, HOLD

- 1 Step RIGHT foot to right side
- 2 Step LEFT foot beside right foot
- 3 Step RIGHT foot across in front of left foot
- 4 Hold
- 5 Step LEFT foot to left side
- 6 Step RIGHT foot beside left foot
- 7 Step LEFT foot across in front of right foot
- 8 Hold

ROCK-STEP, 1/4 TURN, HOLD, CROSS, SIDE, CROSS, HOLD

- 9 Step RIGHT foot forward
- 10 Rock back onto LEFT foot
- 11 Pivot 1/4 turn right on ball of LEFT foot stepping RIGHT foot to right side [3:00]
- 12 Hold
- 13 Step LEFT foot across in front of right foot
- 14 Step RIGHT foot to right side
- 15 Step LEFT foot across in front of right foot
- 16 Hold

ROCK-STEP, 1/4 TURN, HOLD, CROSS, SIDE, CROSS, HOLD

- 17 Step RIGHT foot forward
- 18 Rock back onto LEFT foot
- 19 Pivot 1/4 turn right on ball of LEFT foot stepping RIGHT foot to right side [6:00]
- 20 Hold
- 21 Step LEFT foot across in front of right foot
- 22 Step RIGHT foot to right side
- 23 Step LEFT foot across in front of right foot
- 24 Hold

BACK COASTER, HOLD, STEP, LOCK, STEP, HOLD

- 25 Step RIGHT foot back
- 26 Step LEFT foot beside right foot
- 27 Step RIGHT foot forward
- 28 Hold
- 29 Step LEFT foot forward
- 30 Step-lock RIGHT foot behind left foot
- 31 Step LEFT foot forward
- 32 Hold

STEP, PIVOT, STEP, HOLD, STEP, SCUFF, STEP, HOLD

- 33 Step RIGHT toe/ball forward
- 34 Pivot 1/2 turn left on ball of LEFT foot [12:00]
- 35 Step RIGHT foot forward
- 36 Hold
- 37 Step LEFT foot forward
- 38 Scuff RIGHT heel forward

- 39 Step RIGHT foot forward
- 40 Hold

STEP, PIVOT, STEP, HOLD, STEP, SCUFF, STEP, HOLD

- 41 Step LEFT toe/ball forward
- 42 Pivot 1/2 turn right on ball of RIGHT foot [6:00]
- 43 Step LEFT foot forward
- 44 Hold
- 45 Step RIGHT foot forward
- 46 Scuff LEFT heel forward
- 47 Step LEFT foot forward
- 48 Hold

FRONT, TOGETHER, SIDE, BEHIND, 'VINE, 2, 3, TOUCH

- 49 Touch RIGHT heel forward
- 50 Touch RIGHT toe beside left instep
- 51 Touch RIGHT toe to right side
- 52 Swing RIGHT foot up behind left leg and slap with left hand
- 53 Step RIGHT foot to right side
- 54 Step LEFT foot across behind right leg
- 55 Step RIGHT foot to right side
- 56 Touch LEFT toe beside right foot

FRONT, TOGETHER, SIDE, BEHIND, 'VINE, 2, 1/4 TURN, TOUCH

- 57 Touch LEFT heel forward
 - 58 Touch LEFT toe beside right instep
 - 59 Touch LEFT toe to left side
 - 60 Swing LEFT foot up behind right leg and slap with right hand
 - 61 Step LEFT foot to left side
 - 62 Step RIGHT foot across behind left leg
 - 63 Step LEFT foot 1/4 turn to left side [3:00]
 - 64 Touch RIGHT toe beside left foot
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