

A Rockin' Good Way

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Linda Burgess (AUS) - February 2010
音樂: A Rockin' Good Way (To Mess Around and Fall In Love) - Shakin' Stevens & Bonnie Tyler : (CD: Greatest Hits / Single Version / Remastered - 2:56)



(Add claps on taps and kicks on first 16 counts-optional)

(1-8) FWD TAP, FWD TAP, WALK WALK WALK KICK

1,2,3,4 Step fwd R, tap L beside R , step fwd L, tap R beside L
5,6,7,8 Walk fwd R, L, R, kick L fwd

(9-16) BACK KICK, BACK KICK, BACK BACK BACK TAP

1,2,3,4 Step back L, kick R fwd, step back R, kick L fwd
5,6,7,8 Walk back L, R, L, tap R beside L

(17-24) SIDE SHUFFLE, ROCK BACK REPLACE, TOUCH OUT, IN, OUT, IN

1&2, 3,4 Step R to R, step L beside R, step R to R, rock/step back L, replace weight to R
5,6,7,8 Touch L toe to L side, touch L beside R, touch L toe to L side, touch L beside R

(25-32) SIDE SHUFFLE, ROCK BACK REPLACE, TOUCH OUT, IN, OUT, IN

1&2,3,4 Step L to L, step R beside L, step L to L, rock/step back R, replace weight to L
5,6,7,8 Touch R toe to R side, touch R beside L, touch R toe to R side, touch R beside L

(33-40) ROCKING CHAIR, ROCKING CHAIR

1,2,3,4 Rock/step fwd R, replace weight to L, rock/step back R, replace weight to L
5,6,7,8 Rock/step fwd R, replace weight to L, rock/step back R, replace weight to L

(41-48) PIVOT ¼, PIVOT ¼, DOUBLE HIPS, DOUBLE HIPS

1,2,3,4 Step fwd R, pivot ¼ turn L, step fwd R, pivot ¼ turn L
5,6,7,8 Step R to R and bump hips to R twice, replace weight to L and bump hips to L twice.

Begin again!!

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