

Loves Me Like A Rock

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Easy Intermediate
編舞者: Linda Burgess (AUS) - July 2011
音樂: Loves Me Like a Rock - Paul Simon : (3:18)



Intro: 16 counts.

(Hold arm up, elbows bent near head on the first 6 counts, then repeat on turn to Left!)

- 1-8 Turn ¼ R & toe strut fwd with R (toe/heel), turn ¼ R & toe strut L to L side (toe/heel), hinge ½ turn R & toe strut R to R side (toe/heel) rock/step back L, replace weight to R
- 1-8 Turn ¼ L & toe strut fwd L (toe/heel), turn ¼ L & toe strut R to R side (toe/heel), hinge ½ turn L & toe strut L to L side (toe/heel), rock/step back R, replace weight to L
- 1-8 Grind R heel fwd, step L in place, rock/step back R, replace weight to L, grind R heel fwd, step L in place, rock/step back R, replace weight to L
- 1-8 Walk fwd R,L,R, kick L fwd & clap, walk back L, R, L, touch R beside L & clap
- 1-8 Step R to R, cross/step L behind R, turn ¼ R & step L beside R, twist heels to L, twist toes to L, twist heels to L, twist toes to centre (weight on L) (or 2 buttermilks traveling to L)
- 1-8 Step R to R, cross/step L behind R, turn ¼ R & step L beside R, twist heels to L, twist toes to L, twist heels to L, twist toes to centre (weight on L) (or 2 buttermilks traveling to L)
- 1-8 Step fwd R, pivot ½ turn L, step fwd R, hold & clap, step fwd L, pivot ½ turn R, step fwd L, hold & clap
- 1-8 Step R fwd to R45, lock/step R behind L, step fwd R, scuff L to L45, step fwd L to L45, lock/step R behind L, step fwd L, scuff R fwd
- 1-8 Cross/step R over L, step back L (slight diagonal), step back R (slight diagonal), cross/step L over R, step back R (slight diagonal), step back L (slight diagonal), touch R toe behind, scuff R fwd
- 1-8 Step fwd R, touch L beside R & clap, step fwd L, touch R beside L & clap, step back R, touch L beside R & clap, step back L, touch R beside L & clap
- 1-8 Step R to R, step L beside R, step R to R, touch L beside R, Step L to L, step R beside L, step L to L, touch R beside L (use lots of hips and add some arms-push hands to R twice, and push hands to L twice)
- 1-8 Step R to R, cross/step R behind L, turn ¼ R & step fwd R, turn ¼ R & hitch L, step L fwd, pivot ½ turn R, step L to L, touch R beside L.