

Rockin' Good Way

COPPERKNOB
STEPPERS

拍數: 48 牆數: 2 級數: Beginner / Improver
編舞者: Amy Christian (USA) - August 2012
音樂: A Rockin' Good Way (To Mess Around and Fall In Love) - Shakin' Stevens & Bonnie Tyler



Intro: 16 counts. Start on Lyrics.

STEP FORWARD, TOUCH OUT TO SIDE X 4

1-4 Step fwd on R, Touch L out to left side, Step fwd on L, Touch R out to right side,
5-8 Step fwd on R, Touch L out to left side, Step fwd on L, Touch R out to right side,

JAZZ BOX. OUT, OUT, IN, IN,

1-4 Cross R over left, Step back on L, Step R to right side, Step L next to R,
5-8 Step R out to right side, Step L out to left side, Step R in, Step L next to R,

SHUFFLE FORWARD, SHUFFLE FORWARD, ¼ PIVOT, ¼ PIVOT,

1&2 Shuffle forward, R,L,R,
3&4 Shuffle forward, L,R,L,
5-8 Step fwd on R, Pivot ¼ left on L (9:00), Step fwd on R, Pivot ¼ left on L (6:00),

SHUFFLE FORWARD, SHUFFLE FORWARD, ROCKING CHAIR,

1&2 Shuffle forward, R,L,R,
3&4 Shuffle forward, L,R,L,
5-8 Rock forward on R, Recover back on L, Rick back on R, Recover on L,

Restart happens here on Wall 3 and again on Wall 5. Listen out, lyrics will say,

"You know (Well now) YOU CALL ME ON THE PHONE,.... You better ask somebody, if you don't know what you're doing!"

CROSS, RECOVER, SIDE SHUFFLE, X 2,

1-2 Cross R over L, Recover on L,
3&4 Step R to right side, Step L next to R, Step R to right side,
5-6 Cross L over R, Recover on R,
7&8 Step L to left side, Step R next to L, Step L to left side,

OUT, OUT IN, IN, STEP & DOUBLE BUMP X 2,

1-4 Step R out to right side, Step L out to left side, Step R in, Step L next to R,
5&6 Take a small step slightly diagonally right on R, as you bump hips R,L,R,
7&8 Bump hips L,R,L,

Begin again!

2 Easy Restarts happen on Wall 3 and Wall 5, after 32 counts into the dance.

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Last Revision - 30th October 2012