

Rock 'N' Roll

COPPERKNOB
STEPSHEETS

拍數: 112 牆數: 2 級數: Intermediate
編舞者: Melvin Tan (MY) - September 2012
音樂: (Let's) Rock 'N' Roll - Atlantic Starr



Dance starts at lyric "Let's Rock & Roll..."

Sequence : AB TAG C, AB TAG C , A B B

PART A

Section A1 : Hop to Right, Hop to Left, Twist R hip

1,2 Hop with both legs to Right side, Hold
3,4 Hop with both legs to Left side, Hold
5&6& Touch R toe forward & push R hip forward, Drop R hip, Push R hip forward, Drop R hip
7&8& Repeat 5&6& (12:00)

Section A2 : Hop to Right, Hop to Left, Step Touch, Step Touch

1,2 Hop with both legs to Right side, Hold
3,4 Hop with both legs to Left side, Hold
5,6 Step RF to R side, Touch LF beside RF
7,8 Step LF to L side, Touch RF beside LF (12:00)

Section A3 : Hop to Right, Hop to Left, Twist R hip

Repeat Section A1

Section A4 : Hop to Right, Hop to Left, Step Touch, Step Touch

1,2 Hop with both legs to Right side, Hold
3,4 Hop with both legs to Left side, Hold
5,6 Step RF to R side, Touch LF behind RF
7,8 Step LF to L side, Touch RF behind LF (12:00)

PART B

Section B5 : Turn ¼ R & swing arms, Turn ¼ L & hip bumps

1,2 Turn ¼ R weight on RF & Touch LF & Swing L arm up, Swing arm down (3:00)
3,4 Swing L arm up, Swing L arm down
5,6 Turn ¼ L & push R hip to R, Push L hip to L (12:00)
7,8 Push R hip to R, Push L hip to L

Section B6 : ½ Pivot, ½ Pivot , Hip Circles

1,2 Step RF forward, Turn ½ L weight on LF
3,4 Repeat Steps 1,2
5-8 Step RF to R side & do two hip circles anti-clockwise (12:00)

Section B7 : Knee In, Left Sailor, Knee In, Right Sailor

1,2 Touch both knees together, Push both knees out to side with weight on RF
3&4 Step LF behind RF, Step RF together, Step LF to L side
5,6 Touch both knees together, Push both knees out to side with weight on LF
7&8 Step RF behind LF, Step LF together, Step RF to R side (12:00)

Section B8 : Step, Kick, Cross, Unwind Full Turn, Heel Out, Heel Out, In, In

1,2 Step LF diagonally forward to R (1:30) , Kick RF forward
3,4 Cross RF over LF, Unwind Full Turn to L with weight on LF (12:00)
5,6 Step R Heel diagonally forward to R, Step L Heel to L side

7,8 Step RF back, Step LF beside RF (12:00)

TAG

Section T9 ; Pose & Hold

1,2 Turn ¼ L weight on LF & Touch R toe beside LF, Hold (9:00)

(Hands : Raise R arm forward at shoulder level)

3,4 Turn ¼ R weight stepping RF to Right Side, Hold (12:00)

(Hands : Any pose)

5,6 Turn ¼ R weight on RF & Touch L toe beside LF, Hold (3:00)

(Hands : Raise L arm forward at shoulder level)

7,8 Turn ¼ L stepping LF in place & Stepping RF to Right Side, Hold (12:00)

(Hands : Any pose)

Section T10 : Walk with style, Knee Pop

1-6 Walk in full circle starting with RF and face the front wall again (12:00)

7,8 Pop L knee in, Pop R knee in

PART C

Section C11 : Ball Step, Step Forward, ½ Pivot, Out, Out, Heel Swivels with Flick R, L

&1,2 Ball step on RF, Step LF forward, Turn ½ R weight on RF

3,4 Step LF forward, Step RF to R side (6:00)

5&6 Swivel both heels to R, then L, Flick LF behind R leg

7&8 Swivel both heels to L, then R, Flick RF behind L leg

Section C12 : Toe Switches, Turn ¼ L with hip bumps

1&2& Touch R toe forward, Step RF beside LF, Touch L toe forward, Step LF beside RF

3&4& Repeat Steps 1&2&

5,6 Turn ¼ L & step RF back & push R hip back & forward twice

7,8 Push R hip back & forward twice (6:00)

Section C13 : Step Touch x3, Sexy Move

1,2 Step RF to R side, Touch LF to L side

3,4 Step LF in place, Touch RF to R side

5,6 Step RF in place, Touch LF to L side

7,8 Step LF in place & Turn body diagonally Right, Bend Knee & Slowly roll body up (6:00)

Section C14 : Step Touch with Hand Movements

1,2 Step RF to R side, Touch LF beside RF

(Hands : Hug body with R hand at stomach & L hand at the back, Open R arm out to R side)

3,4 Step LF to L side, Touch RF beside LF

(Hands : Hug body with L hand at stomach & R hand at the back, Open L arm out to R side)

5,6 Repeat Steps 1,2

(Hands : Hug body with R hand at stomach & L hand at the back, Open both hands out to side)

7,8 Repeat Steps 3,4

(Hands : Hug body with L hand at stomach & R hand at the back, Open both hands out to side) (6:00)

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