

Let It Rock

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jean-Pierre Madge (CH) - June 2009
音樂: Let It Rock - Kevin Rudolf & Lil Wayne : (CD: Single - iTunes)



Start dancing on lyrics

ROCK, RECOVER, & ROCK, RECOVER, SHUFFLE ½ RIGHT, OUT-OUT, KNEES POP

- 1-2 Rock left forward, recover to right
- &3-4 Step left together (&), rock right forward, recover to left
- 5&6 Turn ¼ right and step right side, step left together, turn ¼ right and step right forward (6:00)
- &7 Step left side, step right side
- &8 Pop both knees forward, lower heels (feet are apart) with weight slightly over right foot

BALL, ROCK, RECOVER, BACK, ¼ LEFT OUT-OUT, SWIVEL HEEL, & POINT SIDE, & POINT SIDE, & COASTER

- &1-2 Step left together, rock right forward, recover to left
- 3&4 Step right back, turn ¼ left and step left side, right foot out to right side (3:00)
- &5 Raise right heel and swivel out while turning right knee in, return right heel and knee to neutral position while shifting weight over left foot
- &6 Close left foot slightly behind left, touch left side
- &7 Close left foot slightly behind right, touch right side
- &8& Close right foot slightly behind left, step left toe back, step right together

ROCK, RECOVER, BEHIND - ¼ RIGHT SIDE- CROSS, SIDE ROCK, RECOVER, BEHIND - ¼ LEFT SIDE-STEP

- 1-2 Rock forward to left foot. Recover right back
- 3&4 Cross left behind, turn ¼ right and step right side, cross left over (6:00)
- 5-6 Rock right side, recover to left to left foot
- 7&8 Cross right behind, turn ¼ left and step left forward, step right forward (3:00)

ROCK, RECOVER, & ROCK, RECOVER, SHUFFLE ¼ RIGHT, SAILOR STEP

- 1-2 Rock left forward, recover to right
- &3-4 Step left together (&), rock right forward, recover to left
- 5&6 Turn ¼ right and step right side, step left together, step right side (6:00)
- 7&8 Step slightly behind right, step right side, step left side

Feet fairly far apart, weight on both feet

Restarts here on 2nd, 4th and 6th walls (facing 12:00)

SWIVEL HEEL, KNEE POP, SWIVEL IN, KNEES POP, HEEL, OUT-OUT, SAILOR ¼ RIGHT

- &1 Swivel left heel out while turning left knee in, return left heel and knee to neutral position
- &2 Raise left heel bending left knee, lower left heel
- &3 Swivel left toes in toward right (feet still slightly apart)
- &4 Pop both knees forward, lower heel forward, step right side, step left side
- &5&6 Step left together, touch right heel forward, step right side, step left side
- 7&8 Turn ¼ right and step right slightly behind left, step left side, step right side (9:00)

CLOSE, TOUCH OUT-IN-HITCH, HEAD TURNS, & HEEL & STEP, SHUFFLE FORWARD ¼ RIGHT

- &1&2 Step left together, touch right side, touch right in next to left, hitch right
- &3&4 While remaining on left foot with right leg hitched up: turn head quickly to left, to right, to up, and to down closing right foot next to left as head turns down
- &5&6 Step slightly left back, touch right heel forward, step slightly right back, step left forward
- 7&8 Turn 1/8 right to right foot, close left foot to right, turn 1/8 right to right foot (12:00)

BALL, HEEL TURN ½ RIGHT COASTER STEP, SHUFFLE DIAGONAL LEFT, STEP ½ LEFT WITH HEELS

- &1-2 Step left together, step right forward heel, turn ½ right heel, recover to left back (6:00)
3&4 Step right toe back, step left together, step right forward
5&6 Turn 1/8 left (towards 4:30) step left forward, step right together, step left forward
7&8 Step right forward (towards 4:30) pivot ½ left swiveling left heel in then right heel out (10:30)

Last restart on 7th wall (squaring up to 12:00)

BALL, STEP, STEP, MAMBO FORWARD, PADDLE ½ LEFT

- &1-2 Step left together, step right forward, step left forward (squaring up to 12:00)
3&4 Rock right forward, recover to left, step slightly right back
5& Turn 1/8 left to left foot, close behind left
6& Turn 1/8 left to left foot, close behind left
7& Turn 1/8 left to left foot, close behind left
8& Turn 1/8 left to left foot, close behind left

On counts 5-8&: paddle steps making half circle round to left, finish facing 6:00

REPEAT

RESTARTS: -

Restart on walls 2, 4, 6 after 32 counts: weight is on left foot on count 8, so you will shift weight to right foot on & count to Restart

Restart on wall 7 after 56 counts: you are facing towards 10:30. Just square up to 12:00
