

Jingle Bell Rock

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Rick Chernicky (USA) - 2012
音樂: Jingle Bell Rock (feat. Miranda Lambert) - Blake Shelton



Start dancing on lyrics (speed maybe reduced 5% if desired)

RIGHT BACK CROSS ROCK; TOGETHER, LEFT BACK CROSS ROCK, TOGETHER, FORWARD ROCK, COASTER STEP

1&2 Rock right foot behind and left of left foot, recover to left foot, step right foot next to left foot
3&4 Rock left foot behind and right of right foot, recover to right foot, step left foot next to right foot
5-6 Rock right foot forward, recover to left foot
7&8 Step right foot back, step left foot next to right foot, step right foot forward

LEFT SCISSOR STEP, RIGHT SCISSOR STEP, FORWARD PIVOT ½ TURN RIGHT, FORWARD SHUFFLE

1&2 Step left foot to left side, step right foot together, cross left foot over right foot
3&4 Step right foot to right side, step left foot together, cross right foot over left foot
5-6 Step left foot forward, pivot ½ turn right
7&8 Step left foot forward, step right foot together, step left foot forward

Easy option steps for counts 1 - 4

LEFT SHUFFLE, RIGHT SHUFFLE

1&2 Step left foot to left side, step right foot together, step left foot to left side
3&4 Step right foot to right side, step left foot together, step right foot to right side

LOCK STEP RIGHT DIAGONAL, LOCK STEP LEFT DIAGONAL, SIDE ROCK, SAILOR ¼ TURN RIGHT

1&2 Towards right diagonal step right foot forward, step left foot behind right foot, step right foot forward
3&4 Towards left diagonal step left foot forward, step right foot behind left foot, step left foot forward
5-6 Rock right foot to right side recover to left foot
7&8 Step right foot behind left foot turning ¼ turn right, step left foot together, step right foot forward

FORWARD SHUFFLE, ½ TURN LEFT SHUFFLE BACK, BACK ROCK, FORWARD SHUFFLE

1&2 Step left foot forward, step right foot together, step left foot forward
3&4 Turn ½ turn left stepping right foot back, step left foot together, step right foot back
5-6 Rock left foot back, recover to right foot
7&8 Step left foot forward, step right foot together, step left foot forward

REPEAT

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