

Rock Me Mama (aka Wagon Wheels)

(P)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Beginner Partner
編舞者: Barb Monroe (USA) & Dave Monroe (USA) - May 2013
音樂: Wagon Wheel - Darius Rucker



Couples start in cape position facing LOD with weight on L
Alt. music: I Can Take It From There by Chris Young

Rocking Chair, Jazz Box 1/4 Turn

1-2 Rock R forward, replace weight L
3-4 Rock R back, replace weight L
5-8 Cross R over L, step L back, step R with 1/4 turn R, touch L (now facing OLOD in Tandem/Indian position)

Side Shuffle, Rock Step, Side Shuffle, Rock 1/4 Turn

9&10 Side Shuffle L, R, L
11-12 Cross rock R behind L, replace weight L
13&14 Side Shuffle R,L,R
15-16 Turn 1/4 L to face LOD and rock L back, rock R forward

Step, Scuff, Step 1/2 Turn, Strut, Strut

17-18 Step L forward, Scuff R
19-20 Step R forward (bring R arms over lady's head and drop L hands), pivot 1/2 turn L to RLOD, replace weight L (R arms behind man's back in hammerlock, pickup L hands in front of lady)
21-24 R toe heel strut, L toe heel strut

Rocking Chair, Step 1/2 Turn, Walk, Walk

25-28 Rock forward on R, recover on L, rock back on R, recover on L
29-30 Step R forward (drop R hands and bring L hands over lady's head), pivot 1/2 turn L to LOD (pick up L hands returning to cape position), replace weight L
31-32 Walk R, Walk L

Repeat

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