

Rockin' In The USA

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Kim Nolan (UK) - August 2013
音樂: Rockin in the USA - Wayne Jacobs : (iTunes)



Intro: count 16, start on lyrics (144 BPM)

Toe Struts x 2, Jazz Box, Turn

1-4 Touch R Toe fwd, drop heel, Touch L Toe fwd, drop heel
5-8 Cross R over left, Step back on left, Turn ¼ right and step R fwd, Step L next to right

Kick, Weave, Kick, Behind, Side, Together

1-4 Kick R out on right diagonal, Cross R behind L, Step L to side, Cross R over left
5-8 Kick L out on left diag., Cross L behind R, Step R to side, Step L together
(raise arms on kicks tilting body slightly left as you right kick, then tilt body slightly right as you left kick)

Diag Step, Hold, Diag Step, Hold, Forward Swivels

(keep on balls of feet for this section)

1-2 Step R fwd to right diag, Hold
3-4 Step L fwd to left diag, Hold
5-6 Step R fwd toes turned out R, twist ball of R centre & step L fwd toes turned out to L, twist ball of L to centre simultaneously
7-8 repeat 5-6

(during swivels shake hands out at sides (Jazz hands) for dazzling effect and try to travel forward if you can)

Side, Together, Turn,(or Grapevine & turn),Touch, Point, Tog, x 2

1-4 Step R to side, Step L next to right, Turn ¼ right and Step fwd on R, Touch L next to right (or R to side, step L tog)
5-8 Point L to left, Step L next to right, Point R to right, Step R next to left

Tag: 4 count very simple Tag of Kick Ball Change x 2

(end of wall 2, 6 & 10 tip: the music should guide you when)

1 Kick Right foot forward & click fingers (or clap)
&2 Step back on ball of Right, then step on to Left (weight to left)
3&4 Repeat 1 & 2

Ending: (after jazz box ct.8) - end with 3 x kick ball changes and pose arms stretched as you stamp R fwd shout "Ye ha!"

It's a bouncy rockin' song so keep the steps light and bouncy and use your arms where mentioned for dazzling effect, but most of all I hope you have fun. HAPPY DANCING! Love, Kim x

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