

He Rocks The World

COPPER KNOB
STEP SHEETS

拍數: 32

牆數: 4

級數: Low Intermediate - Smooth WCS
rhythm



編舞者: Lisa McCammon (USA) - November 2013

音樂: Red-Suited Super Man (feat. Trombone Shorty) - Rod Stewart : (CD: Merry Christmas, Baby)

16 count intro - Clockwise rotation; start weight on L

Alternate track: Softer Than A Whisper by Hal Ketchum, 094 BPM, 32 count intro (this track sounds like there's a Restart during the 5th repetition, but if you keep dancing it will end evenly)

[1-8] SWAY, SWAY, BALL-CROSS-SWAY-BALL-CROSS, SIDE, SAILOR ½ R

- 1 Sway R
- 2&3 Sway L, step R home, cross step L over R
- 4&5 Sway R, step L home, cross step R over L
- 6 Step L to side
- 7&8 Turn ½ R [6] sweeping R behind stepping onto R, step L to side, step R slightly forward

[9-16] UP-UP, BACK, BACK CHASSE, BACK, POINT-HEEL-POINT-HEEL-POINT-HEEL

- &1-2 Step forward L, step R next to L, step back L (syncopated forward coaster)
- 3&4 Step back R, step L next to R, step back R
- 5 Step back L (the next counts feel like a "soft shoe")
- & Rock lightly to R side, lifting L heel slightly
- 6 Drop L heel
- & Rock lightly forward onto R, lifting L heel slightly
- 7 Drop L heel
- & Rock lightly to R side, lifting L heel slightly
- 8 Drop L heel (wt is on L, R is pointed to side)

[17-24] CROSS ROCK, REC-BALL-CROSS ROCK, REC, SAILOR ¼ L, FORWARD ROCK, REC

- 1-2 Rock R across L, recover wt to L
- &3-4 Step R next to L, rock L across R, recover wt to R (sweep L to prep sailor)
- 5&6 Turn ¼ L [3] stepping L back, step R home, step L slightly forward
- 7-8 Rock forward R, recover wt to L

[25-32] TURN-TOUCH-HIP BUMP-TURN-TOUCH-HIP BUMP, BACK-TOUCH, BACK-TOUCH, OUT-OUT-IN-CROSS

- &1 Turn ¼ R [6] stepping slightly forward R, touch L next to R
- &2 Bump L hip up/down (wt stays R)
- &3 Turn ¼ L [3] stepping slightly forward L, touch R next to L
- &4 Bump R hip up/down (wt stays L)
- &5 Take small step back R, touch L slightly forward
- &6 Take small step back L, touch R slightly forward
- &7&8 Step R to side, L to side; step R in, cross step L over R

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