

Baby Rock'n Roll (+ arms)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gabi Beeler (CH) - November 2013
音樂: Sea of Cowboy Hats - Chely Wright



Exercise Song: Old Time Rock n'Roll – Credence Clearwater Revival (BPM 124)

With arm variations for advanced beginners

[1-8] Heel R, Together, Heel L, Together (2x)

- 1 Touch right heel forward /Same time snapping fingers with both hands to the right side 1:30
- 2 Step right foot next to left
- 3 Touch left heel forward /Same time snapping fingers with both hands to the left side 10:30
- 4 Step left foot next to right
- 5 Touch right heel forward /Same time snapping fingers with both hands to the right side 1:30
- 6 Step right foot next to left
- 7 Touch left heel forward /Same time snapping fingers with both hands to the left side 10:30
- 8 Step left foot next to right

[9-16] Forward on Heels taking weight, return to place (2x)

- 1 Step forward onto heel of right (toe off floor)
- Right arm diagonal thrust out 1 :30 (Elbow angle of 90 degrees)**
- 2 Step heel of left shoulder width apart from right (toe off floor)
- Left arm diagonal thrust out 10:30 (Elbow angle of 90 degrees)**
- 3 Step back on right
- Right arm back home**
- 4 Step left next to right
- Left arm back home**
- 5 Step forward onto heel of right (toe off floor)
- Right arm diagonal thrust out 1 :30 (Elbow angle of 90 degrees)**
- 6 Step heel of left shoulder width apart from right (toe off floor)
- Left arm diagonal thrust out 10:30 (Elbow angle of 90 degrees)**
- 7 Step back on right
- Right arm back home**
- 8 Step left next to right
- Left arm back home**

[17-24] Rock Forward, Rock Back (Rocking Chair), Step, Pivot half turn Left (x2).

- 1, 2 Rock right forward, Recover to left
- 3, 4 Rock right back, Recover to left
- 5, 6 Step forward on Right, Pivot half turn Left (Facing 6 o'clock)
- 7, 8 Step forward on Right, Pivot half turn Left (Facing 12 o'clock)

[25-32] Jazz Box, Jazz Box with ¼ Turn Right

- 1, 2 Cross right over left, Step left back
- 3, 4 Step right to side, Step left together
- 5, 6 Cross right over left Step left back
- 7, 8 Turn ¼ right and step right forward, Step left together

Start again

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