

# 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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