

Eagles Rock (老鷹搖滾) (zh)

COPPER KNOB
STEPPERS

Count: 64

Wall: 4

Level: Improver

Choreographer: Gaye Teather (UK) - 2007年11月

Music: How Long - Eagles : (CD: Long Road Out Of Eden)



前奏：24 count intro 24拍後起跳

第一段 Side rock. Cross shuffle. Quarter turn Right (x 2). Cross. Hold & clap 側下沉, 交叉交換, 右轉1/4二次, 交叉, 候 & 拍手

1-2 Rock Right to Right side. Recover onto Left
右足右下沉, 左足回復

3&4 Cross Right over Left. Step Left to Left. Cross Right over Left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side (Facing 6 o'clock)
右轉90度左足後踏, 右轉90度右足右踏(面向6點鐘)

7-8 Cross Left over Right. Hold and clap
左足於右足前交叉踏, 候 & 拍手

第二段 Side rock. Cross shuffle. Quarter turn Right (x 2). Cross. Hold & clap 側下沉, 交叉交換, 右轉1/4二次, 交叉, 候 & 拍手

1-2 Rock Right to Right side. Recover onto Left
右足右下沉, 左足回復

3&4 Cross Right over Left. Step Left to Left. Cross Right over Left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side (Facing 12 o'clock)
右轉90度左足後踏, 右轉90度右足右踏(面向12點鐘)

7-8 Cross Left over Right. Hold and clap
左足於右足前交叉踏, 候 & 拍手

第三段 Forward rock. Walk back Right. Left. Back rock. Forward Right. Touch
前下沉, 右左後走步, 後下攏, 右前踏, 點

1-4 Rock forward on Right. Recover onto Left. Walk back Right. Left
右足前下沉, 左足回復, 後走步 右, 左

5-8 Rock back on Right. Recover onto Left. Step forward on Right. Touch Left beside Right 右足後下沉, 左足回復, 右足前踏, 左足併點

第四段 Rock (x 4). Jazz box. Touch 四次下沉, 爵士方塊, 點

1-4 Step Left to Left rocking weight onto Left. Rock onto Right. Rock onto Left. Rock onto Right 左足左下沉, 右足下沉, 左足下沉, 右足下沉

5-8 Cross Left over Right. Step back on Right. Step Left to Left. Touch Right beside Left
左足於右足前交叉踏, 右足後踏, 左足左踏, 右足併點

****Add the 4 count TAG here DURING wall 2 (see below) and start dance again from the beginning 第二面牆在此加四拍TAG後從頭跳起**

Side Right. Touch. Side Left. Touch 右側, 點, 左側, 點

1-4 Step Right to Right. Touch Left beside Right. Step Left to Left. Touch Right beside Left
右足右踏, 左足併點, 左足左踏, 右足併點

第五段 Chasse Right. Back rock. Kick ball cross. Kick ball cross
右走步, 後下沉, 踢交叉交換, 踢交叉交換

- 1&2 Step Right to Right side. Step Left beside Right. Step Right to Right
右足右踏, 左足併踏, 右足右踏
- 3-4 Rock back on Left. Recover onto Right
左足後下沉, 右足回復
- 5&6 Kick Left forward. Step Left beside Right. Cross Right over Left
左足前踢, 左足併踏, 右足於左足前交叉踏
- 7&8 Kick Left forward. Step Left beside Right. Cross Right over Left
左足前踢, 左足併踏, 右足於左足前交叉踏

Angle body slightly towards Left diagonal during counts 5&6, 7&8
在 5&6 7&8拍時, 身體略向左斜角線前傾

第六段 Chasse Left. Back rock. Kick ball cross. Kick ball cross
左走步, 後下沉, 踢交叉交換, 踢交叉交換

- 1&2 Step Left to Left side. Step Right beside Left. Step Left to Left
左足左踏, 右足併踏, 左足左踏
- 3 -4 Rock back on Right. Recover onto Left
右足後下沉, 左足回復
- 5&6 Kick Right forward. Step Right beside Left. Cross Left over Right
右足前踢, 右足併踏, 左足於右足前交叉踏
- 7&8 Kick Right forward. Step Right beside Left. Cross Left over Right
右足前踢, 右足併踏, 左足於右足前交叉踏

Angle body slightly towards Right diagonal during counts 5&6, 7&8
在 5&6 7&8 拍時, 身體略向右斜角線前傾

第七段 Quarter Right. Half Right. Back rock. Full turn Left (travelling forward). Walk. Walk 右轉1/4, 右轉1/2,
後下沉, 左轉圈, 走, 走

- 1 -2 Quarter turn Right stepping forward on Right. Half turn Right stepping back on Left 右轉90度右足前踏,
右轉180度左足後踏
- 3 -4 Rock back on Right. Recover onto Left 右足後下沉, 左足回復
- 5 -6 Half turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 9 o'clock)
左轉180度左足後踏, 左轉180度左足前踏(面向9點鐘)
- 7 -8 Walk forward Right. Left 前走步 右, 左

第八段 Heel switches (x 3). Clap. Hip bumps forward (x 2) Hip bumps back (x 2) 足踵交換三次, 拍手, 前推臀
二次, 後推臀二次

- 1&2& Touch Right heel forward. Step Right beside Left. Touch Left heel forward. Step Left beside Right
右足踵前點, 右足併踏, 左足踵前點, 左足併踏
- 3 -4 Touch Right heel forward. Hold & clap 右足踵前點, 候 & 拍手
- 5&6 Bump hips forward twice 前推臀二次
- 7&8 Bump hips back twice 後推臀二次
-