

Freestyle

COPPERKNOB
STEPSHEETS

拍数: 24 墙数: 4 级数: Improver
编舞者: Jill Weiss (USA) - November 2014
音乐: Freestyle - Lady A



Intro: 16 counts after the words "Are we gonna do this thing...come on!"

WALK FORWARD, ROCK R FORWARD, ROCK R SIDE, REPEAT

1-2 Walk forward R, L
3&4& Rock forward on right, recover left, rock to right side, recover left
5-6-7&8& Repeat 1-4 (12:00)

(Style note: rocks are more of a push, keep weight on left foot)

BEHIND, SIDE, CROSS ROCK, RECOVER, SHUFFLE ¼ RIGHT, FULL TURN R, SYNC ROCKING CHAIR

1&2& Step right behind left, step left to left side, cross rock right in front of left, recover to left
3&4 Shuffle R-L-R, turning ¼ turn to right (3:00)
5-6 Turn ½ right stepping back on L turn ½ right stepping forward on R (3:00)

(Easier option: walk forward L, R)

7&8& Rock forward on left, recover right, rock back on left, recover right

ROCK, RECOVER, SHUFFLE ½ TURN LEFT, PIVOT TURNS

1-2-3&4 Rock left forward, recover to right, shuffle L,R,L turning ½ turn left (9:00)
5-6-7-8 Step forward on R, pivot ½ left (weight goes to left), step forward on R, pivot ½ left (weight goes to left) (9:00) (Easier option – 4 count rocking chair)

Styling note: Raise your arms in the air on count 5 and 6 during last set of 8 on walls 2 and 5 when the lyrics say "throw your hands up high!"

No Tags Or Restarts

Thank you to Bruce for suggesting this track!

Last Update – 28th Dec 2014