

# Ik Leef Van Rock and Roll

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Newcomer - Non Country  
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音乐: Ik leef van rock and roll – by Wendy Whoop



**#01: Step diag. right forward – Lock – Step forward – Scuff fwd. – Step diag. left forward – Lock – Step forward – Scuff fwd.**

1-2      RF. step diagonally right forward – LF. lock behind RF.  
3-4      RF. step forward – LF. scuff forward  
5-6      LF. step diagonally left forward – RF. lock behind LF.  
7-8      LF. step forward – RF. scuff forward

**#02: Rocking chair – Pivot ½ turn left – Pivot ¼ turn left**

1-2      RF. rock forward – Recover weight onto LF.  
3-4      RF. rock back – Recover weight onto LF.  
5-6      RF. step forward – RF./LF. pivot ½ turn left [ 06 ]  
7-8      RF. step forward – RF./LF. pivot ¼ turn left [ 03 ]

**#03: Step diag. right forward – Lock – Step forward – Scuff fwd. – Step diag. left forward – Lock – Step forward – Scuff fwd.**

1-2      RF. step diagonally right forward – LF. lock behind RF.  
3-4      RF. step forward – LF. scuff forward  
5-6      LF. step diagonally left forward – RF. lock behind LF.  
7-8      LF. step forward – RF. scuff forward

**#04: Jazz box – Jazz box with ¼ turn right**

1-2      RF. cross over LF. – LF. step back  
3-4      RF. step to right side – LF. step together beside RF.  
5-6      RF. cross over LF. – LF. step back  
7-8      RF. step ¼ turn to right side – LF. step together beside RF. [ 06 ]

**#05: Vine to right side – Heel touch – Vine to left side – Heel touch**

1-2      RF. step to right side – LF. cross behind RF.  
3-4      RF. step to right side – LF. touch heel to left side  
5-6      LF. step to left side – RF. cross behind LF.  
7-8      LF. step to left side – RF. touch heel to right side

**#06: Kick forward ( twice ) – Step back ( R – L ) – Step out ( R – L ) – Step in ( R – L )**

1-2      RF. kick forward – RF. kick forward  
3-4      RF. step back – LF. step back  
5-6      RF. step out to right side – LF. step out to left side  
7-8      RF. step in to centre – LF. step in to centre

**TAG : After wall one – Wall two – Wall four and wall five .**

**Jump with both feet out and in ( in eight counts ) on place .**

1-2      Jump with both feet out – Jump with both feet in  
3-4      Jump with both feet out – Jump with both feet in  
5-6      Jump with both feet out – Jump with both feet in  
7-8      Jump with both feet out – Jump with both feet in

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