

# Calypso Rock

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4  
编舞者: Hannah Hepton (UK) - April 2025  
音乐: Calypso - Sail North



Intro Option: Start after "She was the captain's daughter" or do the optional 16-count intro below.

Restart: Wall 3, after Section 2

Tags: None

Styling Tip: Hold a bandanna in your right hand and wave during "arm-ography"

## Optional 16-Count Intro (Dance Once Only)

Start on "What shall we do":

1&2      Right toe, heel, stomp + clap

3&4      Left toe, heel, stomp + clap

Repeat

## SECTION 1 – Cross Rock, Recover (R & L)

1&2      Cross right over left, recover onto left

3&4      Cross right again, recover left (hold)

5&6      Cross left over right, recover onto right

7&8      Cross left again, recover right (hold)

## SECTION 2 – Diagonal Walks, Fists, Hips & Waves

1–2      Step right to right diagonal, left to left diagonal

3–4      Hold + pump right fist up twice

5–8      Sway hips L–R–L–R while waving right arm L–R–L–R

Restart here on Wall 3

## SECTION 3 – Diagonal Stomps, Walk Back, Jumps

1–2      Stomp right diagonal + clap, touch left beside right

3–4      Stomp left diagonal + clap, touch right beside left

5–6      Walk back right, left

7–8      Jump feet together twice, double-pump right fist

## SECTION 4 – Grapevine, Turn, Kick Ball Change

1–4      Grapevine right (R side, L behind, R side, touch L beside R)

5–6      Step right forward, ¼ turn left (weight ends on left)

7&8      Kick right, step ball of right next to left, step left in place

Restart from SECTION 1

This dance was created for a Sea Shanty festival demonstration in Cornwall, UK. Enjoy! Any questions please contact [FieroFitnessUK@gmail.com](mailto:FieroFitnessUK@gmail.com)

Last Update – 23 Apr. 2025 – R1