

Let It Roll, Let It Ride

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Intermediate
编舞者: Carol Mckee (AUS)
音乐: Let It Roll, Let It Ride - Rodney Crowell & Vince Gill



SIDE, STEP DOWN, ACROSS, BACK, TOGETHER, SHUFFLE FORWARD, SHUFFLE FORWARD

&1-2 Step right toe to the side, step down on left, cross right over left
3-4 Step left back, step right next to left
5&6-7&8 Shuffle forward: left-right-left, shuffle forward: right-left-right

FORWARD, ROCK, ½ TURN SHUFFLE, ½ TURN, ½ TURN, PIVOT TURN

1-2-3&4 Step left forward, rock right back, turning ½ turn left shuffle forward: left-right-left
5-6 Turning ½ turn left step back on right, turning ½ turn left step left forward
7-8 Pivot turn: step right forward, turn ½ turn left (keeping weight on left)

Restart from here on wall 2

SHUFFLE FORWARD, SIDE, ROCK, SAILOR STEP, SAILOR STEP

1&2-3-4 Shuffle forward: right-left-right, step left to the side, rock onto right
5&6 Sailor step: step left behind right, step right to the side, step left to the side
7&8 Sailor step: step right behind left, step left to the side, step right to the side

BEHIND, ½ TURN, BACK, FORWARD, KICK, BACK, FORWARD, KICK, BACK, FORWARD, FORWARD

1-2 Touch left behind right, turn ½ turn left (keeping weight on left)
&3-4 Step back on ball of right, step left forward, kick right across in front of left
&5-6 Step back on ball of right, step left forward, kick right across in front of left
&7-8 Step back on ball of right, step left forward, step right forward

SHUFFLE FORWARD, FORWARD, ROCK, ½ TURN SHUFFLE, ½ TURN, ½ TURN

1&2-3-4 Shuffle forward: left-right-left, step right forward, rock left back
5&6 Turning ½ turn right shuffle forward: right-left-right
7-8 Turning ½ turn right step left back, turning ½ turn right step right forward

FORWARD, ROCK, COASTER STEP, HEEL, BALL, STEP, HEEL, BALL, STEP

1-2-3&4 Step left forward, rock back onto right, coaster step: left-right-left
5&6 Turning 45 degrees right touch right heel forward, step back on ball of right, step left forward
7&8 Touch right heel forward, step back on ball of right, step left forward

SIDE, ROCK, CROSS SHUFFLE, SIDE, ROCK, CROSS SHUFFLE

1-2 Turning 45 degrees left (12:00) step right to the side, rock onto left
3&4 Cross shuffle: right-left-right
5-6 Step left to the side, rock onto right
7&8 Cross shuffle: left-right-left

SIDE SHUFFLE, BEHIND ROCK, SIDE SHUFFLE, BEHIND ROCK

1&2-3-4 Side shuffle to right side: right-left-right, step left behind right, rock onto right
5&6-7-8 Side shuffle to left side: left-right-left, step right behind left, rock onto left

FORWARD & HIP, ROTATE HIPS, ROCK & HIP, CROSS, ROCK, ¼ TURN SHUFFLE

1 Step forward right pushing right hip forward at same time
2-3 Rotate hips full circle (clock wise)
4 Rock back onto left pushing hip back at same time (keeping weight on left)
5-6 Cross right over in front of left, rock onto left

7&8 Turning ¼ turn right shuffle forward: right-left-right

FORWARD, ¼ TURN, CROSS SHUFFLE, SIDE, HOLD, TOGETHER, SIDE, ROCK

1-2 Step left forward, turn ¼ turn right on balls of both feet (keeping weight on right)

3&4-5-6 Cross shuffle: left-right-left, step right to right side, hold

&7-8 Step left next to right, step right to the side, rock onto left

FORWARD & HIP, ROTATE HIPS, ROCK & HIP, CROSS, ROCK, SIDE SHUFFLE

1 Step forward right pushing right hip forward at same time

2-3 Rotate hips full circle (clock wise)

4 Rock back onto left pushing hip back at same time (keeping weight on left)

5-6 Cross right over in front of left, rock onto left

7&8 Side shuffle to right side: right-left-right

FORWARD, ROCK, COASTER STEP, PIVOT TURN, PIVOT TURN

1-2-3&4 Step left forward, rock back onto right, coaster step: left-right-left

5-6 Pivot turn: step right forward, turn ½ turn left

7-8 Pivot turn: step right forward, turn ½ turn left

REPEAT

RESTART

On 2nd wall, dance to count 16, then restart dance
