

Shuffle 'n' Rock

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Jan Brookfield (UK)
音乐: That's How Much You Mean to Me - Hal Ketchum



TOE, HEEL, SHUFFLE ON SPOT, ROCKING CHAIR

1-2 Dig right toe next to left instep, dig right heel next to left
3&4 Shuffle on the spot right, left, right
5-6 Step forward on left, rock weight back onto right
7-8 Rock back on left, rock weight forward onto right

STEP FORWARD, HALF TURN PIVOT, SHUFFLE FORWARD, ROCKING CHAIR

9-10 Step left forward, pivot half turn over right shoulder, transfer weight to right (now facing back wall)
11&12 Shuffle forward on left, right, left
13-14 Step forward on right, rock weight back onto left
15-16 Rock back onto right, rock forward onto left

HALF TURN SHUFFLE, ROCK STEP, THREE QUARTER SHUFFLE, ROCK STEP

17&18 Making half turn over left shoulder, shuffle on right, left, right
19-20 Rock back on left, rock weight forward onto right (now facing front wall again)
21&22 Making a three quarter turn over right shoulder, shuffle on left, right, left
23-24 Rock back on right, rock weight forward onto left (now facing 9:00 wall)

RIGHT TOE STRUT FORWARD, KICK-BALL-CHANGE, LEFT TOE STRUT FORWARD, KICK-BALL-CHANGE

25-26 Step right forward, toes then heel
27&28 Kick left forward, step back slightly on left, step on right in place
29-30 Step forward on left, toes then heel
31&32 Kick right forward, step back slightly on right, step on left in place

REPEAT