

Stephen's Dance

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Beginner
编舞者: The Listeners (CH)
音乐: Rock Around the Clock - Bill Haley & The Comets



Start dancing after Bill Haley counts "1, 2, 3 o'clock, 4 o'clock rock"

HEEL, TOE, HEEL DROP TWICE (RIGHT), HEEL, TOE, HEEL DROP TWICE (LEFT)

- 1 Step forward on right heel
- 2 Put right toes down (lift right heel)
- 3 Drop right heel down
- 4 Drop right heel down again
- 5 Step forward on left heel
- 6 Put left toes down (lift left heel)
- 7 Drop left heel down
- 8 Drop left heel down again

RIGHT KICK FORWARD, ROCK STEP FOR (RIGHT), RECOVER, ROCK STEP FOR (RIGHT), LEFT KICK FORWARD, ROCK STEP FOR (LEFT), RECOVER, ROCK STEP FOR (LEFT)

- 1 Right foot kick forward
- 2 Rock step forward with right foot (cross right foot over left)
- 3 Recover weight on left foot
- 4 Rock back on right foot
- 5 Left foot kick forward
- 6 Rock step forward with left foot (cross left foot over right)
- 7 Recover weight on right foot
- 8 Rock back on left foot

GRAPEVINE TO THE RIGHT, SWIVEL RIGHT TWICE

- 1 Step with right foot to the right
- 2 Cross left foot behind right
- 3 Step with right foot to the right
- 4 Put left foot beside right (weight on both feet)
- 5 Swivel both heels to the right
- 6 Swivel both heels back
- 7 Swivel both heels to the right
- 8 Swivel both heels back

GRAPEVINE TO THE LEFT, SWIVEL LEFT TWICE

- 1 Step with left foot to the left
- 2 Cross right foot behind left
- 3 Step with left foot to the left
- 4 Put right foot beside left (weight on both feet)
- 5 Swivel both heels to the left
- 6 Swivel both heels back
- 7 Swivel both heels to the left
- 8 Swivel both heels back

DIAGONAL STEPS FORWARD RIGHT, BRUSH, DIAGONAL FORWARD LEFT, BRUSH

- 1 Step with right foot forward diagonally to the right
- 2 Close left foot behind right

- 3 Step with right foot forward diagonally to the right
- 4 Brush left foot beside right
- 5 Step with left foot forward diagonally to the left
- 6 Close right foot behind left
- 7 Step with left foot forward diagonally to the left
- 8 Brush right foot beside left

ROCK FORWARD ON RIGHT, RECOVER, ¼ TURN RIGHT, LEFT BESIDE RIGHT

- 1 Rock forward on right
- 2 Hold
- 3 Rock back on left foot
- 4 Hold
- 5 ¼ turn to the right (step right to right side)
- 6 Hold
- 7 Put left foot beside right (weight on left foot)
- 8 Hold

REPEAT
