

Jam And Bread

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2
编舞者: Roger Steinberg (UK)
音乐: Roly Poly - The Chicks

级数: Improver



ROCK LEFT OVER AND RIGHT, CHASSIS LEFT, ROCK RIGHT OVER LEFT, SHUFFLE ¼ TURN RIGHT

1-2 Rock step left over right, step back on right
3&4 Step left to left, right next to left, left to left
5-6 Rock step right over left, step back on left
7&8 ¼ turn right shuffle right, left, right

SIDE BEHIND ½ TURN LEFT, SIDE BEHIND, ¼ TURN RIGHT

1-2 Left to left, right behind left,
3&4 ½ turn shuffle left, right, left
5-6 Right to right, left behind right
7&8 ¼ turn shuffle right (right, left, right)

ROCK FORWARD LEFT AND RIGHT, ½ SHUFFLE TURN LEFT (OR LOCK STEP), ½ TURN LEFT (OR LOCK STEP) RIGHT, LEFT, RIGHT, COASTER STEP

1-2 Rock left forward back on right
3&4 ½ turn left (left, right, left) or lock step back left, right, left
5&6 ½ turn left (right, left, right) or lock step back right, left, right
7&8 Back on left, right next to left, forward on left

MONTEREY TURN RIGHT, CHASSIS RIGHT ROCK LEFT OVER RIGHT

1-2 Step right to right, swivel on ball of left
3-4 Step left to left, step left next to right
5&6 Chasse to the right (right, left, right)
7-8 Rock left over right, back on right

REPEAT

The dance ends on the last beat and instead of rock left, right you can shuffle rock left, right, left and wave your hands.
