

My Rock

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Doug Miranda (USA) & Jackie Miranda (USA) - July 2007
音乐: My Rock - Paul Overstreet : (Album: Time)



- Set 1 Side Shuffle, Rock, Recover; ¼ Turn Left Shuffle, ½ Turn Left**
1&2 Shuffle to R side R, L, R
3-4 Rock L behind R, recover on R
5&6 Turn ¼ turn L and shuffle forward L, R, L
7-8 Step forward on R, turn ½ turn L and step forward on L (weight on L)
- Set 2 Cross Points Forward, Skips (Hops) Back**
1-4 Cross R over L, point L to L side (weight remains on R); cross L over R, point R to R side (weight on L)
5&6 Step back on R behind L, slightly hitch L knee on & count as you skip/hop back, step back on L behind R
&7&8 Slightly hitch R knee on & count as you skip/hop back, step back on R behind L, slightly hitch L knee on & count as you skip/hop back, step back on L behind R (weight on L)
- Set 3 ¼ Turn Right Shuffle Forward, ½ Turn Right, Shuffle Forward, Full Turn Forward**
1&2 Turn ¼ right and shuffle forward R, L, R
3-4 Step forward on L, turn ½ turn right stepping forward on R (weight on R)
5&6 Shuffle forward L, R, L
7-8 Make a full turn forward by stepping back on R as you turn ½ turn L, turn ½ turn L stepping forward on L
- Set 4 Walk Forward, ¼ Turn Right Jazz Box**
1-4 Walk forward R, L, R, L
5-8 Cross R over L, step back on L, turn ¼ R as you step R to R side, step L next to R
- Set 5 ¼ Turn Right Monterey, Point, Hold with Claps 2x; Heel Switches Turn Right, Hold with Claps 2X**
1&2&3 Point R to R side, turn ¼ R as you step R next to L, point L to L side (weight on R), step L next to R, point R to R side
& 4 Hold and clap hands 2 X
5&6& Touch or tap R heel forward, step R next to L (weight on R), touch or tap L heel forward, step L next to R
7&8 Tap R heel forward, hold and clap 2X
- Set 6 ¼ Turn Right Jazz Box, ¾ Walk Around Left**
1-4 Cross R over L, step back on L, step into ¼ turn R as you step R to R side, step forward on L and look over L shoulder
5-8 Continue to look over L shoulder and walk a ¾ circle L stepping R, L, R, L
(if you are at the 9 o'clock wall, you will end the 12 o'clock or front wall)
- Set 7 Step Side, Behind, ¼ Turn Right, Step Forward, ½ Turn Right, ¼ Turn Right, Vine Left**
1-4 Step R to R side, step L behind R, step R ¼ turn R, step forward on L
5-8 Turn ½ turn R stepping forward on R, turn ¼ turn R stepping L to L side, step R behind L, step L to L side
- Set 8 Two Sailor Steps, Step Forward, ½ Turn Left, Scuff**
1&2 Right sailor step stepping R behind L, step L to L side, step R to R side
3&4 Left sailor step stepping L behind R, step R to R side, step L to L side

5-8 Step forward on R leaning forward to start $\frac{1}{2}$ turn to L, as you continue to lean back on R, turn $\frac{1}{2}$ turn L (weight on R), touch L toe forward, step forward on L, scuff R forward and slightly to R side to begin dance again with side shuffle to R

Start Again!

One and only TAG:

Towards the end of the 5th repetition of the dance, (you will be at the front/ 12 o'clock wall) the music will slow down.

You will be doing count 5 of the last set of 8 on the word "side..."(after the sailor steps) ; slowly step forward on your R leaning straight forward with the music eliminating the $\frac{1}{2}$ turn L (count slowly 5,6,7,8 &); when the note is sung an octave higher, slowly start leaning back on L; the music will speed up again - start the dance from the beginning?you will get the hang of it the more you practice with the song! You will dance the dance all the way through one more time plus only the 12 counts of the dance?the song will sound like it is ending- turn $\frac{1}{4}$ R to face the front and slowly raise and then lower arms. You can fade out here and finish or continue when the song starts up again. Have fun!

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