

Rockin' a Mile a Minute

COPPER KNOB
STEPSHEETS

拍数: 52 墙数: 4 级数: Intermediate
编舞者: Alan Haywood (UK) - August 2008
音乐: Rockin a Mile a Minute - Candy Coburn : (CD: Rev It Up)



Intro: 32 count, start on vocals

Sect 1: 'Dorothy' steps & cross shuffle, ¼ R, hold

1-2 Step right diagonally right, lock left behind right
&3-4 Step right next to left, step left diagonally left, lock right behind left
&5&6 Step left next to right, cross step right over left, step left to left side, cross step right over left
7-8 Pivot ¼ turn right stepping back onto left, hold for one count (3 o'clock)

Sect 2: Rock back R, recover L, R forward shuffle, rock forward L, recover R, ½ L, ½ L

1-2 Rock back onto right, recover weight forward onto left
3&4 Step forward onto right, close left next to right, step forward onto right
5-6 Rock forward onto left, recover weight back onto right
7-8 Make ½ turn left stepping left forward, make ½ turn left stepping right back (3 o'clock)

Easy Option for 7-8: Walk back 2 steps, left right

Sect 3: Rock back L, recover R, ¼ R L side shuffle, rock back R, recover L, hinge ½ L

1-2 Rock back onto left, recover weight forward onto right
3&4 Making ¼ right step left to left side, close right next to left, step left to left side (6 o'clock)
5-6 Rock back right behind left, recover forward onto left
7-8 Make ¼ turn left stepping right back, make ¼ left stepping left side (12 o'clock)

Sect 4: Cross rock R, recover L, ¼ R shuffle, L forward, ½ R, walk forward L R

1-2 Cross rock right over left, recover weight back onto left
3&4 Step right ¼ right, close left next to right, step right forward (3 o'clock)
5-6 Step left forward, pivot ½ right (9 o'clock)
7-8 Walk forward left right

Sect 5: 2 X Rock Steps, L forward shuffle, R forward ½ L

1-2 Rock forward onto left, rock back onto right
3- 4 Rock forward onto left, rock back onto right

Steps 1 – 4 Can Be Replaced With A Forward Body Roll

5&6 Step left forward, close right next to left, step left forward
7-8 Step forward onto right, pivot ½ turn left (3 o'clock)

Sect 6: Walk forward R L, R side rock, recover L, jazz box ¼ R

1-2 Walk forward right, walk forward left
3-4 Rock right to right side, recover weight onto left
5-6 Cross step right over left, step left back
7-8 Step right ¼ right, step left slightly forward (6 o'clock)

Sect 7: (4 counts only to finish dance) Jazz box ¼ R

1-2 Cross step right over left, step left back
3-4 Step right ¼ right, step left slightly forward (9 o'clock)

REPEAT AND ENJOY!

Note: 52 counts is unusual but this dance will fit any up tempo song to a 48 count just by dropping section 7

and then it will restart perfectly but will become a 2 wall dance!

NO TAGS OR RESTARTS – YIPPEE
