

Can't Stop The Rock !!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: E-Z Intermediate
编舞者: Earleen Wolford (USA) - January 2012
音乐: Stop the Rock - Apollo 440



aka "Stop The Rock"

Or music:

Funky Cold Medina by Tone-Loc;

Pop by NYsnc;

Shake by Five;

Stronger by Britney Spears;

Kiss This & or People Like Us by Aaron Tippin

[1-8] ROCK R, STEP FORWARD R, ROCK L, STEP FORWARD L, KICK R, STEP BACK R, HIP BUMPS

- 1&2 Rock R to R side, pushing hips to R/Shimming shoulders(1), Recover L(&), Step small R forward(2)
- 3&4 Rock L to L side, pushing hips to L/Shimming shoulders(3), Recover R(&), Step small L forward(4)
- 5&6 Kick R forward (5), Step back on R, at same time, R hand on R thigh looking back over R shoulder (R takes wt) (&), Touch L toe forward-hold (6)
- 7&8 Hip bump dips L(7), R (&), L(8), your dipping hips w/knees at same time (r takes wt) (12:00)
- Optional: you can just do regular hip bumps, but weight still needs to end on R**

[9-16] STEP DOWN L, BRUSH R FORWARD, TOUCH R OVER L, 2 JERKS, ¼ TURN HIP ROLL, HIP ROLLS

- 9&10 Step L down (9), Brush R toe forward (&), Touch R tow over w/slight hold, at same time, bring both arms up slightly above head to get ready to jerk w/hands in fist position
- 11,12 Do the jerk, forward 2X's (11,12)
- 13,14 Touch R forward (13), R hip roll ¼ turn L, pivoting on L (14)
- 15&16& Hip rolls 2X counter clockwise, these are quick hips rolls (15&16&) (L takes wt) (9:00)

[17-24] WEAIVING VINE TO LEFT, TOUCH R W/SLIGHT HOLD, FUNKY CHICKEN BACK

- 17-20 Step R over R (17), Step L to L (&), Step R behind L (18), Step L to L (&), Step R over L (19), Step L to L (&), Touch R toe slightly forward, at same time with a slight hold (20) (L takes wt)
- &21-23 Touch R toe slightly behind L, at same time both heels & knees go out (&), Bring both heels & knees in (21), Touch L toe slightly behind R, at same time both heels & knees go out (&), Bring both heels & knees in (22) Optional: you can walk back R(21), L(22), R(23) instead funky back
- 24 Step slightly forward down on L, you can also stomp down (24) (L takes wt) (9:00)

[25-32] TWIST ¼ L, TWIST R,L, TWIST R,L,R, TOUCH R BEHIND L, STEP 1/8 TURN R, STEP L, R TOUCH

- 25&26 Twist hips & feet at same time, ¼ turn to L (25), Twist hips&feet R (&), Twist hips&feet L (26)
- 27&28 Twist hips & feet at same time R (27), L (&), R (28) (L must take weight) (12:00)
- 29-32 Touch R toe behind L(29), Step R 1/8 turn R(30), Touch L toe behind R(31), Step L to L (32) (3:00)

Begin again!

(revised-Jan2012)

Optional moves: When doing the jerk (cts 11-12), u can do quick jerks 3x's, then it makes the cts to be 11&12, when music is slower;

Hip rolls (cts 15&16), u can do a 2 ct hip roll, which is slow hip rolls; R/L toe touches (cts 29 and 31), you can

do a slight small rock back instead of the touches.

Enjoy my dance & have FUN doing it to all these great songs! "GottaDance"!! Please feel free to use any other music to do my dance, country or non country will work!
