

Rock In My Shoe

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Anette C. Holtet (NOR) - November 2014
音樂: (Can't Stop) Got a Little Rock In My Shoe - Billy Burnette



Back, touch, back, touch, boogie walks forward

- 1-2 Step left diagonally back, touch right next to left
- 3-4 Step right diagonally back, touch left next right
- 5-6 Small step left forward (bending knees to left), small step right forward (bending knees to right)
- 7-8 Small step left forward (bending knees to left), small step right forward (bending knees to right)

Left rocking chair, shuffle forward, touch

- 1-2 Rock forward on left, recover on right
- 3-4 Rock back on left, recover on right
- 5-6 Step left forward, step right next to left
- 7-8 Step forward on left, touch right next to left

Side steps, touches ¼ turn left

- 1-2 Step right to right side, touch left next to right & snap your fingers
- 3-4 Step left to left, touch right next to left & snap your fingers
- 5-6 Step right to right, touch left next to right & snap your fingers
- 7-8 ¼ turn stepping left to left, touch right next to left & snap your fingers

Hip bumps, hip roll

- 1&2 Step right slightly forward bumping right hip, bump left hip bak, bump right hip forward (weight on right)
- 3&4 Step left slightly forward bumping left hip, bump right back, bump left hip forward (weight on left)
- 5-6 Step right small step to right starting a hip roll counterclockwise (weight ends on right)
- 7-8 Hip roll counterclockwise (weight ends on right)

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