

Rock 'n' Roll Twist

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: High Beginner
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音樂: Rock and Roll Is King - Electric Light Orchestra



*Intro: 32counts

[SEC 1] Twist Hitch x2

1 2 RF Step forward, BF Twist heel R
3 4 BF Twist heel L, RF Twist heel R with LF hitch
5 6 LF Step back, BF Twist heel L
7 8 BF Twist heel R, LF Twist heel L with RF hitch

[SEC 2] K-Step

1 2 RF Step diagonal forward R, LF Touch together
3 4 LF Step diagonal back L, RF Touch together
5 6 RF Step diagonal back R, LF Touch together
7 8 LF Step diagonal forward L, RF Touch together

[SEC 3] Twist with Hip Bump (R,L)

1 2 RF Step side with BF Twist heel R, BF Twist toe R
3 4 BF Twist heel R with hip R, Bump hip R
5 6 BF Twist heel L, BF Twist toe L
7 8 BF Twist heel L with hip L, Bump hip L

[SEC 4] Rock Hold Recover Hold with shimmy x2

1 2 RF Step forward with shimmy, Hold shimmy
3 4 LF Recover with shimmy, Hold shimmy
5 6 RF Step forward with shimmy, Hold shimmy
7 8 LF Recover with shimmy, Hold shimmy

[SEC 5] Touch, Step, Touch, Step, Jazz Box, Cross

1 2 RF Touch forward, RF Step together
3 4 LF Touch forward, LF Step together
5 6 RF Cross over, LF Step back
7 8 RF Step side, LF Cross over

[SEC 6] Vine Step (R,L)

1 2 RF Step side, LF Step behind
3 4 RF Step side, LF Touch together
5 6 LF Step side, RF Step behind
7 8 LF Step side, RF Touch together

[SEC 7] Boogie Walk x4, Pivot 1/4 x2

1234 Boogie walk (R,L,R,L)
5 6 RF Step forward, LF 1/4 turn L Step side
7 8 RF Step forward, LF 1/4 turn L Step side

[SEC 8] V-Step, Clap

1 2& RF Step diagonal forward R, Hold clap, Hold clap
3 4 LF Step diagonal forward L, Hold clap
5 6& RF Step back center, Hold clap, Hold clap

***Restart after 36counts on 3wall(12:00) and 6wall(12:00)**

***After 7wall, repeat the last 16counts four times.**

In the third repeat, hold(1~4counts) and turn right arm(5~8counts) instead of the section 8.

In the fourth repeat, instead of the section 8, continue 1/4 pivot turn to end facing.
