

Rock Your Body

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 0 級數:
編舞者: Kathy Kazmarek
音樂: Everybody (Backstreet's Back) - Backstreet Boys



Sequence: ABAC ABAC D BCAA

PART A

RUNNING MAN/KICK-KICK/DOUBLE-KICK/ROCK STEPS/MONTEREY SPINS

- 1& Step forward onto right foot, scoot back on ball of right foot
- 2& Step forward onto left foot, scoot back on ball of left foot
- 3& Step forward onto right foot, scoot back on ball of right foot
- 4& Step forward onto left foot, scoot back on ball of left foot
- 5&6 Kick right foot forward-switch feet & kick left foot forward
- &7-8 Switch feet & kick right foot forward twice
- 9-10 Rock forward onto right foot, step in place with left foot
- 11-12 Rock back onto right foot, step in place with right foot
- 13&14 Kick right foot forward-switch feet & kick left foot forward
- &15-16 Switch feet & kick right foot forward twice

- 17& Step back onto ball of right foot, scoot forward on ball of right foot
- 18& Step back onto ball of left foot, scoot forward on ball of left foot
- 19& Step back onto ball of right foot, scoot forward on ball of right foot
- 20& Step back onto ball of left foot, scoot forward on ball of left foot
- 21-22 Rock forward onto right foot, step in place with left foot
- 23-24 Rock back onto right foot, step in place with right foot
- 25-26 Touch right toe to right side, spin on left foot-½ turn to right, stepping onto right foot
- 27-28 Touch left toe to left side, step onto left foot next to right
- 29-30 Touch right toe to right side, spin on left foot-½ turn to right, stepping onto right foot
- 31-32 Touch left toe to left side, step onto left foot next to right

PART B

SIDE TOE-SNAPS/SIDE-TOGETHER-SIDE-TOUCH/FORWARD TOE-SNAPS/ HIP ROLLS/WALK BACK/ROCK STEPS

- 1-2 Step to the right on right toe, snap down onto right heel
- 3-4 Step onto left toe across front of right foot, snap down onto left heel
- 5-6 Step to the right on right foot, step together with left foot
- 7-8 Step to the right on right foot, touch with left foot
- 9-10 Step to the left on left toe, snap down onto left heel
- 11-12 Step onto right toe across front of left foot, snap down onto right heel
- 13-14 Step to the left on left foot, step together with right foot
- 15-16 Step to the left on left foot, touch with right foot
- 17-18 Step forward onto right toe, snap down onto right heel
- 19-20 Step forward onto left toe, snap down onto left heel
- 21-24 Roll hips in a circular motion for 4 beats
- 25-28 Walk back 4 steps - (right-left-right-left)
- 29-30 Rock forward onto right foot, step in place with left foot
- 31-32 Rock back onto right foot, step in place with right foot

PART C

KICK-BALL-CHANGE/KICK-KICK/SHUFFLE WITH A TURN

1&2	Kick right foot forward, step quickly on ball of right foot and change weight to left foot
3&4	Kick right foot forward, step quickly on ball of right foot and change weight to left foot
5-6-7&8	Kick-kick forward with right foot, shuffle (right-left-right) making $\frac{1}{4}$ turn to the right
9&10	Kick left foot forward, step quickly on ball of left foot and change weight to right foot
11&12	Kick left foot forward, step quickly on ball of left foot and change weight to right foot
13-15&16	Kick-kick forward with left foot, shuffle-(left-right-left) making $\frac{3}{4}$ turn to the left

PART D

SYNCOPATED CHASSE' RIGHT AND LEFT

1-2	Step right foot to right side, hold for one count
&3	Bring left foot next to right, quickly stepping right foot to right side
4	Touch left foot next to right foot
5-6	Step left foot to left side, hold for one count
&7	Bring right foot next to left, quickly stepping left foot to left side
8	Touch right foot next to left foot
