

Rough & Ready

COPPER KNOB
BY STEPHENETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Cathy Falconer (USA)
音樂: Rough & Ready - Trace Adkins



ROCK BACK, ROCK FORWARD, ROCK FORWARD, ROCK BACK, SPIN BACK TO RIGHT

1-4 Rock back on right, rock forward on left, rock forward on right, rock back on left,
5-8 Step forward with right making ½ turn right, step back with left making ½ turn right, step
 forward with right making ½ turn right, step forward with left

TWO KICK BALL CHANGES, TOUCH, TOUCH, SAILOR ¼ TURN

9&10 Kick right foot forward, step on ball of right, change weight to left
11&12 Kick right foot forward, step on ball of right, change weight to left
13-14 Touch right toe forward, touch right toe to right side
15&16 Step right behind left making ¼ turn right, step left too left side, step right to right side

CROSS STEPS ¼ TURN, STEP ½ TURN, TRIPLE STEP

17-20 Cross left over right, step right to right side, step left behind right, step right to right side
 making ¼ turn right
21-22 Step forward with left, make ½ turn right bring weight to right foot
23&24 Triple step forward left, right, left

JAZZ BOX ¼ TURN, SHUFFLE RIGHT, ROCK STEP

25-28 Step right over left, step left back, step right making ¼ turn right, step left beside right
29&30 Step right to right side, step left together, step right to right side
31-32 Step left behind right, replace weight on right

MILITARY TURNS, ROCK FORWARD, ROCK BACK, TRIPLE STEP BACK

33-36 Step left foot forward make ½ turn right bringing weight to right foot, step left foot forward
 make ½ turn right bringing weight to right foot
37-38 Rock forward on left foot, rock back on right foot
39&40 Triple step back left, right, left

REPEAT
