

Sock It To Em

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: William Sevone (UK)
音樂: Sock It To 'em JB - Rex Garvin & The Mighty Cravers



The last 16 counts (33-48) are an adaptation of a dance that was choreographed in 1968 and was later called '30 Something'

TOE TAPS: ACROSS-SIDE-BEHIND-SIDE, 2X FORWARD STEP-LOCKSTEP (12:00)

1-2 Cross tap right toe over left foot, tap right toe to right side
3-4 Cross tap right toe behind left foot, tap right toe to right side
5&6 Step forward onto right foot, lock left foot behind right, step forward onto right foot
7&8 Step forward onto left foot, lock right foot behind left foot, step forward onto left foot,

2X STEP FORWARD-PIVOT ½ LEFT, TOE TAPS: ACROSS-SIDE-BEHIND-SIDE, (12:00)

9-10 Step forward onto right foot, pivot ½ left (weight on left foot)
11-12 Step forward onto right foot, pivot ½ left (weight on left foot)
13-14 Cross tap right toe over left foot, tap right toe to right side
15-16 Cross tap right toe behind left foot, tap right toe to right side

CROSS SHUFFLE, SIDE ROCK, ROCK, CROSS SHUFFLE, SIDE ROCK, ROCK, (12:00)

17&18 Cross step right foot over left, step left foot to left side, cross step right foot over left foot
19-20 (Large step) rock left foot to left side, rock onto right foot
21&22 Cross step left foot over right, step right foot to right side, cross step left foot over right foot
23-24 (Large step) rock right foot to right side, rock onto left foot

CROSS STEP, STEP BACKWARD, 2X BACKWARD STEP-LOCKSTEP, ROCK BACKWARD, STEP, (12:00)

5-26 Cross step right foot over left, step backward onto left foot
27&28 Step backward onto right foot, lock left foot across front of right, step backward onto right foot
29&30 Step backward onto left foot, lock right foot across front of left, step backward onto left foot
31-32 Rock backward onto right foot, step onto left foot

(BOBBING) DIAGONAL KICKS-TOGETHER, STEP BEHIND, (12:00)

33 Kick right foot diagonally forward right
34 (Bending knees slightly) step right foot next to left
35 (Straightening up) kick left foot diagonally forward left
36 (Bending knees slightly) step left foot next to right
37 (Straightening up) kick right foot diagonally forward right
38 (Bending knees slightly) step right foot next to left
39 (Straightening up) kick left foot diagonally forward left
40 Cross step left foot behind right

As you kick forward, raise opposite heel off floor slightly

¼ RIGHT STEP FORWARD, ¼ RIGHT SIDE STEP, STEP BEHIND, SIDE STEP, CROSS ROCK, ROCK, ROCK BEHIND, ROCK STEP (3:00)

41-42 Turn ¼ right & step forward onto right foot, turn ¼ right & step left foot to left side
43-44 Cross step right foot behind left, step left foot to left side
45-46 Cross rock right foot over left, rock onto left foot
47-48 Cross rock right foot behind left, rock step onto left foot

REPEAT

DANCE FINISH

The dance will finish on count 32 of the 7th wall (facing 'home'). After count 32 add 'step right foot next to left with right hand on hat brim and left behind back'
