

Can You Rock? (Short Version)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Terry Mchugh (UK)
音樂: Old Time Rock & Roll - Bob Seger



RIGHT KICK BALL CHANGE, STOMPS TWICE, RIGHT KICK BALL CHANGE, STOMPS TWICE

1&2 Kick right leg forward, step right beside left, step left in place (weight on left)
3-4 Stomp on right; push hips left, stomp on left, push hips right
5-8 Repeat steps 1-4

SHUFFLE RIGHT, BACK ROCK, ½ TURN RIGHT, CROSS SHUFFLE

1&2 Shuffle right stepping (right, left, right)
3-4 Rock back on left, recover on right
5-6 Step left to left side, pivot ½ turn right on left footstep right beside left
7&8 Cross shuffle left, right, left

STEP FORWARD ON RIGHT, WITH ¼ TURN RIGHT, STEP BACK ON LEFT, BACK SHUFFLE, BACK ROCK, FORWARD SHUFFLE

1-2 Step forward on right, with ¼ turn right, step back on left
3&4 Shuffle back right, left, right
5-6 Rock on left, rock on right
7&8 Shuffle forward left, right, left

HEEL JACKS AND DIAGONAL SLIDES TWICE

1&2& Dig right heel forward, step right beside left, dig left heel forward, step left beside right
3-4 Slide right diagonally forward step left beside right
5&6& Dig left heel forward, step left beside right, dig right heel forward, step right beside left
7-8 Slide left diagonally forward, step right beside left, (weight on left)

REPEAT
