

You Rock!

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Gordon Timms (UK) - March 2009
音樂: You You You - Alvin Stardust : (CD: Jealous Minds - 16 Classic Tracks)



Start on the main beat of the vocals!

SECTION 1: Rock, Recover, Turn ½ Right with a triple step, Rock, Recover, Left Coaster Step

- 1 - 2 Rock forward on right and recover
- 3 & 4 Make a ½ right with a Triple Step,,, stepping R-L-R
- 5 - 6 Rock forward on left and recover
- 7 & 8 Left Coaster Step

Faces 6.00

SECTION 2: Rock, Recover, Turn ¼ Right with Coaster Step, Full Turn Right, Left Forward Shuffle

- 1 - 2 Rock forward on right and recover
- 3 & 4 Turn quarter turn right with a coaster step R-L-R
- 5 - 6 Turn ½ right stepping LEFT back- Turn ½ right stepping RIGHT forward.
- 7 & 8 Left Forward Shuffle.

Faces 9.00

SECTION 3: Heel Switches x 2, Right Shuffle, Step left turn ½ Right, Left Shuffle

- 1 & 2 & Right Heel forward step right next to left, Left Heel forward, step left next to right
- 3 & 4 Right Shuffle Forward
- 5 - 6 Step Forward Left and pivot turn half turn right weight ends on right
- 7 & 8 Left Forward Shuffle

Faces 3.00

SECTION 4: Step pivot ¼ Turn Left, Kick Right, Jazz Jump, Toe Back, ½ Turn Right, Left Shuffle.

- 1 - 2 Take a short step forward on the right and pivot ¼ left, keep the weight on the LEFT.
- 3 & 4 Kick Right Forward (3) Step out & back on right (&) Step out & back on left with weight (4)
- 5 - 6 Touch Right Toe Back Pivot Half Turn Right on ball of Left, Then put weight on Right!
- 7 & 8 Left Shuffle Forward

Faces 3.00

ENJOY THE DANCE!

MUSIC The music slows down at about 2.17 into the track...you can just slow the steps down and wait for the beat to pick up...or just sway you hips etc.

FINISH Finish as the music fades on the kick step back...facing the front?

ALTERNATIVE: If you find the 'QUICK FULL TURN' too much just replace with TWO WALKS?

Line Dancing with the Rhinestone Cowboy (UK)

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THIS DANCE IS DEDICATED TO ALL MY FRIENDS AND MEMBERS OF THE 'LINE DANCE ROCKS' NETWORK.