

Call Me A Relic

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Eddie Ainsworth (UK) - May 2011
音樂: Old Time Rock & Roll - Bob Seger



SAILOR STEP x3, ½ TURN, STEP,STEP

1&2 Cross right foot behind left, Step left foot to left side, Step right foot forward
3&4 Cross left foot behind right, Step right foot to right side, Step left foot forward
5&6 Cross right foot behind left, Step left foot to left side, Step right foot forward
7&8 Step left foot next to right as you pivot ½ turn left, Step right foot back, Step left foot forward

KICK AND TOUCH x4

9&10 Kick right foot forward, Step right back in place, Touch left foot to left side
11&12 Kick left foot forward, Step left foot back in place, Touch right to right side
13&14 Kick right foot forward, Step right foot back in place, Touch left foot to the left side
15&16 Kick left foot forward, Step left foot back in place, Touch Right foot to right side

STEP, HIP BUMPS UP AND DOWN x2

17&18& Step forward diagonal on right, as you bump right hip up, bump right hip down,
19&20 bump right hip up, bump right hip down

STEP , HIP BUMPS UP AND DOWN x2

21&22& Step forward diagonal on left, as you bump left hip up, bump left hip down, bump
23&24 left hip up, and bump left hip down

ROCK STEP, ¾ TURN, ROCK STEP, LEFT COASTER STEP

25 – 26 Rock forward on right foot, Rock back on left
27 & 28 Shuffle ¾ turn right, on Right, Left, Right
29 – 30 Rock forward on left, Rock back on right
31& 32 Step left back, Step right foot next to left, Step left foot forward.

START AGAIN
