

Jailhouse Rock

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 1
編舞者: K. Sholes (USA) - September 2013
音樂: Jailhouse Rock - Elvis Presley

級數: Phrased Intermediate



PART A - 24 counts

HEEL-DIGS, TOUCHES, OUT-OUT STEPS

- 1-2 3&4 Step R forward with toes pointing left (1), With weight on heel roll toes to right (2), touch R toe next to L foot (3), Step R to side (&), Touch L to side (4).
- 5-6 7&8 Step L forward with toes pointing right (5), With weight on heel roll toes to left (6), touch L toe next to R foot (7), Step L to side (&), Step R to side (8). (Weight on both feet)

KNEE-ROLLS

- 1-2, 3-4 Roll R knee to right for 2 counts, Roll L knee to left for 2 counts.
- 5-8 Roll R knee, Roll L knee, Roll R knee, Roll L knee.

KNEE-POPS, PAUSE

- 1-2, 3-4 (With both arms out to side shoulder high) Pop R knee to left for 2 counts, Pop L knee to right for 2 counts
- 5-8 Pop R knee, Pop L knee, Pop R knee, Pause. (Weight on L)

PART B - 24 counts

ROCK-RECOVER-ROCK-SCUFFS

- 1-8 Rock forward R, Recover L, Rock forward R, Scuff L. Rock forward L, Recover R, Rock forward L, Scuff R.
- 1-8 Repeat above 1-8 count

STEP-1/2 PIVOT, WALKS, STEP-1/2 PIVOT

- 1-8 Step forward R, Pivot 1/2 to left onto L, (6:00) (with attitude) Walk forward R, L, R, L, Step forward R, Pivot 1/2 to left onto L, (12:00)

****On the 4th & 7th rotations skip Part A & do only Part B**

BEGIN AGAIN! ENJOY!

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