

Standing On A Rock

Count: 64

Wand: 4

Ebene:

Choreograf/in: Dianne Joseph (AUS)

Musik: Standing On a Rock - Rodney Crowell



RIGHT HEEL FAN, LEFT HEEL FAN, TWIST RIGHT, CENTER, LEFT, CENTER

- 1-4 Fan right heel right, center, fan left heel left, center
5-8 Twist both heels right, center, left, center

RIGHT JUMP, TOUCH, CLAP TWICE, LEFT JUMP, TOUCH, CLAP TWICE

- 9-12 Jump forward landing on right foot, touch left foot to right foot, clap twice
13-16 Jump forward landing on left foot, touch right foot to left foot, clap twice

RIGHT BACK, STOMP, LEFT BACK, TOUCH

- 17-18 Step back right foot, stomp left foot alongside right foot (no weight)
19-20 Step back left foot, touch right foot to left foot

3 SIDE TRAVELING TOE STRUTS, TOE, HEEL DROP, LEFT VINE, BRUSH

- 21-22 Touch right toe to right, transfer weight to right foot stomping right heel down
23-24 Touch left toe alongside right foot, transfer weight to left foot stomping left heel down
25-27 Repeat counts 21-23
28 Drop left heel down but do not transfer weight to left foot
29-32 Left vine left foot, right foot, left foot, brush right foot past left foot

4 FORWARD HEEL STRUTS, KICK TWICE, CLOSE, TURN ½ LEFT & FORWARD

- 33-40 Traveling forward heel strut right foot, left foot, right foot, left foot
41-42 Kick right foot forward twice
43-44 Close right foot to left foot, turning ½ left step left foot forward

4 FORWARD TOE STRUTS, KICK TWICE, CLOSE, TURN ¼ LEFT & CLOSE

- 45-52 Traveling forward toe strut right foot, left foot, right foot, left foot
53-55 Repeat counts 41-43
56 Turning ¼ left close left foot to right foot

RIGHT HEEL, SLAP, HEEL, CLOSE, LEFT HEEL, SLAP, HEEL, CLOSE

- 57-58 Touch right heel forward, lift right foot off the floor and slap outside of right foot with right hand
59-60 Touch right heel forward, close right foot to left foot
61-62 Touch left heel forward, lift left foot off the floor and slap outside of left foot with left hand
63-64 Touch left heel forward, close left foot to right foot

REPEAT
