

Can You Rock?

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Terry Mchugh (UK)

Musik: 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, right, left, right
3-4 Rock back on left, recover on right
5-6 Step left to left side, pivot ½ turn on left foot, place right beside left
7-8 Cross shuffle right, left, right, left

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

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

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

- 1-8 Repeat section 1

RIGHT SHUFFLE, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 1&2 Shuffle right, right, left, right
3&4 Cross shuffle right, left, right, left
5-6 Rock to right side, rock to left side
7&8 Cross shuffle left, right, left, right

¼ TURN RIGHT, FRONT KICK, SAILOR STEPS X2 WITH ¼ TURN RIGHT

- 1-2 Step left to left side with ¼ turn right, kick right leg forward
3&4 Step right behind left, step left beside right, step right in place
5&6 Step left behind right, step right beside left, with ¼ turn right, step left beside right
7-8 Rock back on right, rock forward on left

ROCK AND COASTER STEP TWICE

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

HEEL JACKS AND DIAGONAL FORWARD SLIDE X2

- 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

