

Let's Rock

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: Meiske Pamaputera (INA) - February 2015

Musique: Swing (搖擺style) - Ada Zhuang (莊心妍)



Note; This dance is to celebrate Sagita 12th anniversary

Intro (Optional) starts at 06;00 - 96 Count.

This is a simple Intro, Don't be discouraged by the length.

- 1-8 Right touch fwd shake R hip (1-2) L hip (3-4) (5-8)
9-16 Left touch fwd shake L hip (1-2) , R hip (3-4) LRL hip, hold.
* For styling –same as above but opposite- shake both hands to L (1-2) both hands to R (3-4) , both hands LRL. Hold (5-8)
17-24 Right touch fwd shake R hip (1-2) L hip (3-4) RLR hip ,hold
* For styling: Both hands at the back , fingers open: Shake both hands to R(1-2) both hands to L (3-4), hands RLR, hold(5-8)
25-32 Right kick diagonal Right (1-2) , Right step down (3-4), walk Left ,Right diagonal right (5-6), hitch Left , hold (7-8) (07;30)
33-40 ¼ Turn left kick Left diagonal Left (1-2) , Left step down (3-4), walk Right,Left diagonal Left (5-6), hitch Right, hold (7-8)(4;30)
41-48 Touch Right to Right side – look at 03;00 (1-4) , make a ½ turn Right hold –style: accentuate with elbow movement down & up
49-56 Right step fwd diagonal left (1-2) , Left step fwd (3-4), mambo Right fwd, hold (10;30)
57-64 Left step back diagonal right (1-2) , Right step back (3-4), mambo left back, hold (10;30)
65-72 ¼ Turn Right step Right fwd diagonal right (1-2) , Left step fwd (3-4), mambo Right fwd, hold (01;30)
73-80 Repeat 57-64
81-88 *1/8 Left turn Step Right to right, hold (1-2) Cross Left over right, hold(3-4) hitch Right, touch right to right, hitch R, touch R (5-8)
89-96 Cross right behind left (1)step left (2) cross right over left (3), Slide left to left (4)- hold (12;00)

DANCE:-

(1-8) Slide Right, Hold, Hit Right Left Thigh, Sway Right Left, Sway Right Hitch Left, Hold

- 1-2 Slide right to right, hold (styling ; both hands at chest elbow up)
3-4 Get down hit right thigh & left thigh
5-6 Sway right & left. (Styling; right arm palm up follow body curve, then left arm palm up)
7-8 Hitch left , hold

(9-16) Touch diagonal Right, Step back, Cross step cross hold.

- 1-4 Touch left diagonal right, hold, step back on left, hold
5-8 Cross right behind left, step left to left, cross right in front of left, Hold

(17-24) Touch diagonal left, Step back, Sailor ¼ Turn , Hold

- 1-4 Touch left diagonal left, hold, step back on left, hold
5-8 ¼ turn left cross right behind left, step left to left, step right slightly fwd, hold (09;00)

(25-32) Rocking Chair , ¼ Turn right, Cross left, Hold

- 1-4 Step left fwd, recover on right, step left back, recover on right.

5-8 Step left fwd, ¼ turn right, cross left in front of R, hold (12;00)

(33 -40) Box with Hitch

1-4 Step right to right, step left next to right, step fwd right, hitch left

5-8 Step left to left, step right next to left, step back left, hitch right

(41-48) Right touch side, Hitch, touch, hitch, touch, ¼ Turn right, Turn knee left, right

1-5 Right touch side, hitch , touch side, hitch, touch side.

6 With right still touch side, make ¼ turn right (03;00)

7-8 Turn knee left & right

(49-56) Step back right Left heel & shake shoulder, Coaster step, Hold

1-4 Step back on right left heel shake shoulder – hold

5-8 Step back on left, step back right next to left, forward on left

(57 -64) Step Right Forward, hold, ¼ Turn Right step Left, Hold, Touch Right diagonal Left, hold, Hitch Right, Hold.

1-4 Step fwd on right, hold, ¼ turn right slide right, hold (06;00)

5-8 Touch right diagonal left, hold, hitch right. Hold

Begin again

Restart : On wall 4 after ct 32 (06:00) & wall 6 after ct 40 (12:00)

Contact: www.sagitadance.com & www.meiske.net
