

Eagle Rock

Compte: 0

Mur: 1

Niveau: Advanced



Chorégraphe: Lois Sturgeon (AUS)

Musique: Eagle Rock - Daddy Cool

Sequence: AAA, BB, AA, BB, AAAA, BB, B to end. Part A is danced with each verse and instrumental section. Part B is danced with the chorus only.

PART A

&1-2 Step right to right side, step left to left side, cross right over left (keeping weight on left)

3-4 Pivot/unwind 1 ½ turns left (finish with weight on left)

A half turn can replace the 1 ½ turns if this is too difficult

&5&6 Rock/step back right, rock/step forward left, step right next to left, step left together

&7-8 Rock/step back right, rock/step forward left, step right next to left

&1 Step forward on ball of left, scoot/slide right forward (leaning back)

&2 Step forward on ball of left, scoot/slide right forward (leaning back)

3-4 Step forward on heel of left, drop/step left toe down (heel strut)

&5&6 Step right to right side, step left to left side, step right to right side, cross/step left toe over right

7-8 Unwind full turn right on balls of both feet (finish with weight on right, right crossed over left)

1&2 Hold 1 beat, rock weight onto left, rock/replace weight onto right

3-4 Step left big step to left, drag right foot in next to left

&5 Twist both heels out (heel splits), twist both toes out (feet now parallel & apart)

&6 Twist both heels in, twist both toes in (feet now parallel & together)

&7 Twist both heels out (heel splits), twist both toes out (feet now parallel & apart)

&8 Turning right foot ¼ turn right, slide/step right to right twice (slide/step are small & fast)

At the end of the next 4 beats you will have completed a ¾ turn left to face the front wall again.

1 Twist right toe ½ turn left (body facing forward)

2 Turning the body ¼ left twist left toe ¼ left (keep weight on right)

&3 Tap left toe next to right, tap/drop left heel next to right (weight still on right)

4 Turning body ¼ left twist/step left toes ¼ left (weight on left)

&5-6 Tap right toe next to left (right heel out), tap right heel next to left (right toes out), step right forward

7&8 Hold 1 beat, stomp/tap left forward, stomp left forward (last stomp with weight)

PART B

1&2 Hold 1 beat, tap right toe next to left (t heel out), tap right heel next to left (right toe out)

3 Step big stomp/step back at 45 degrees right (turning the body ¼ turn right & bending the knees)

4 Drag/slide left foot next to right (keeping weight on right & body still facing ¼ turn right of front)

&5 Rock/step back left, rock/step forward right

6 Bend left knee forward lifting left heel & dragging the left toe next to right (body still facing ¼ turn right)

&7 Rock/step back left, rock/step forward right

8 Bend left knee forward lifting left heel & dragging left toe next to right (body still facing right)

&1 Step left to left side turning ¼ left & hitching right, kick right at 45 degrees right

2 Cross/step right over left turning ½ turn left

- 3 Cross/step left behind right turning $\frac{1}{2}$ turn (finish with feet apart & parallel)
&4 Jump up & in clicking sides of feet together, jump feet back out
&5&6 Right & left heel struts-step forward on right heel, drop right toes, step forward on left heel, drop left toes
&7&8 Repeat right & left heel struts

At the end of the next 4 beats you will have completed 2 full right turns moving backwards & finish facing front with feet parallel & apart

- 1-2 Moving backwards step right back turning $\frac{1}{2}$ right, step left forward turning $\frac{1}{2}$ turn right
3 Moving backwards step right back turning $\frac{1}{2}$ right
4 Step left to left side turning $\frac{1}{2}$ right (facing front again & feet apart & parallel)
&5 Lift up on to toes & scoot forward twice (feet apart & parallel, knees bent)
6-7 Hold 2 beats (still up on toes)
8 Scoot forward dropping heels heavily to floor & bending both knees
- &1-2 Big rock/step back left at 45 degrees, rock/step forward right, step left next to right
&3-4 Big rock/step back right at 45 degrees, rock/step forward left, tap right next to left (weight on left)
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