

Rock 'N' Roll

Compte: 112

Mur: 2

Niveau: Intermediate

Chorégraphe: Melvin Tan (MY) - September 2012

Musique: (Let's) Rock 'N' Roll - Atlantic Starr



Dance starts at lyric "Let's Rock & Roll..."

Sequence : AB TAG C, AB TAG C , A B B

PART A

Section A1 : Hop to Right, Hop to Left, Twist R hip

- 1,2 Hop with both legs to Right side, Hold
- 3,4 Hop with both legs to Left side, Hold
- 5&6& Touch R toe forward & push R hip forward, Drop R hip, Push R hip forward, Drop R hip
- 7&8& Repeat 5&6& (12:00)

Section A2 : Hop to Right, Hop to Left, Step Touch, Step Touch

- 1,2 Hop with both legs to Right side, Hold
- 3,4 Hop with both legs to Left side, Hold
- 5,6 Step RF to R side, Touch LF beside RF
- 7,8 Step LF to L side, Touch RF beside LF (12:00)

Section A3 : Hop to Right, Hop to Left, Twist R hip

Repeat Section A1

Section A4 : Hop to Right, Hop to Left, Step Touch, Step Touch

- 1,2 Hop with both legs to Right side, Hold
- 3,4 Hop with both legs to Left side, Hold
- 5,6 Step RF to R side, Touch LF behind RF
- 7,8 Step LF to L side, Touch RF behind LF (12:00)

PART B

Section B5 : Turn ¼ R & swing arms, Turn ¼ L & hip bumps

- 1,2 Turn ¼ R weight on RF & Touch LF & Swing L arm up, Swing arm down (3:00)
- 3,4 Swing L arm up, Swing L arm down
- 5,6 Turn ¼ L & push R hip to R, Push L hip to L (12:00)
- 7,8 Push R hip to R, Push L hip to L

Section B6 : ½ Pivot, ½ Pivot , Hip Circles

- 1,2 Step RF forward, Turn ½ L weight on LF
- 3,4 Repeat Steps 1,2
- 5-8 Step RF to R side & do two hip circles anti-clockwise (12:00)

Section B7 : Knee In, Left Sailor, Knee In, Right Sailor

- 1,2 Touch both knees together, Push both knees out to side with weight on RF
- 3&4 Step LF behind RF, Step RF together, Step LF to L side
- 5,6 Touch both knees together, Push both knees out to side with weight on LF
- 7&8 Step RF behind LF, Step LF together, Step RF to R side (12:00)

Section B8 : Step, Kick, Cross, Unwind Full Turn, Heel Out, Heel Out, In, In

- 1,2 Step LF diagonally forward to R (1:30) , Kick RF forward
- 3,4 Cross RF over LF, Unwind Full Turn to L with weight on LF (12:00)
- 5,6 Step R Heel diagonally forward to R, Step L Heel to L side

7,8 Step RF back, Step LF beside RF (12:00)

TAG

Section T9 ; Pose & Hold

1,2 Turn ¼ L weight on LF & Touch R toe beside LF, Hold (9:00)

(Hands : Raise R arm forward at shoulder level)

3,4 Turn ¼ R weight stepping RF to Right Side, Hold (12:00)

(Hands : Any pose)

5,6 Turn ¼ R weight on RF & Touch L toe beside LF, Hold (3:00)

(Hands : Raise L arm forward at shoulder level)

7,8 Turn ¼ L stepping LF in place & Stepping RF to Right Side, Hold (12:00)

(Hands : Any pose)

Section T10 : Walk with style, Knee Pop

1-6 Walk in full circle starting with RF and face the front wall again (12:00)

7,8 Pop L knee in, Pop R knee in

PART C

Section C11 : Ball Step, Step Forward, ½ Pivot, Out, Out, Heel Swivels with Flick R, L

&1,2 Ball step on RF, Step LF forward, Turn ½ R weight on RF

3,4 Step LF forward, Step RF to R side (6:00)

5&6 Swivel both heels to R, then L, Flick LF behind R leg

7&8 Swivel both heels to L, then R, Flick RF behind L leg

Section C12 : Toe Switches, Turn ¼ L with hip bumps

1&2& Touch R toe forward, Step RF beside LF, Touch L toe forward, Step LF beside RF

3&4& Repeat Steps 1&2&

5,6 Turn ¼ L & step RF back & push R hip back & forward twice

7,8 Push R hip back & forward twice (6:00)

Section C13 : Step Touch x3, Sexy Move

1,2 Step RF to R side, Touch LF to L side

3,4 Step LF in place, Touch RF to R side

5,6 Step RF in place, Touch LF to L side

7,8 Step LF in place & Turn body diagonally Right, Bend Knee & Slowly roll body up (6:00)

Section C14 : Step Touch with Hand Movements

1,2 Step RF to R side, Touch LF beside RF

(Hands : Hug body with R hand at stomach & L hand at the back, Open R arm out to R side)

3,4 Step LF to L side, Touch RF beside LF

(Hands : Hug body with L hand at stomach & R hand at the back, Open L arm out to R side)

5,6 Repeat Steps 1,2

(Hands : Hug body with R hand at stomach & L hand at the back, Open both hands out to side)

7,8 Repeat Steps 3,4

(Hands : Hug body with L hand at stomach & R hand at the back, Open both hands out to side) (6:00)

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