Plymouth Rock

Compte: 64

Niveau: Improver

Chorégraphe: Ross Brown (ENG) - January 2013

Musique: Anything Goes - Melanie C : (CD: Stages - Bonus Track)

Intro: When Main Beat Kicks In (Approx. 36 Secs)

SWINGING KICK, BACK. COASTER STEP.

- Raise right foot forward, lower right foot, step back with right, hold for Count 4. 1 - 2 - 3 - 4
- 5 6 7 8Step back with left, step right next to left, step forward with left, hold for Count 8. (12 O'CLOCK)

STEP, LOCK, STEP. STEP, PIVOT ¼ TURN R, CROSS.

- 1 2 3 4Step forward with right, lock left behind right, step forward with right, hold for Count 4.
- 5 6 7 8Step forward with left, pivot a ¼ turn right, cross step left over right, hold for Count 8. (3) O'CLOCK)

TURNING HITCHES FULL TURN L. SIDE ROCK, CROSS.

- Make a ¼ turn left stepping back with right, make a ¼ turn left hitching left knee up. 1 - 23 - 4Make a ¼ turn left stepping forward with left, make a ¼ turn left hitching right knee up.
- 5 6 7 8Rock right to the right, recover onto left, cross step right over left, hold for Count 8. (3) O'CLOCK)

TURNING HITCHES FULL TURN R. SIDE ROCK, CROSS.

- 1 2Make a ¼ turn right stepping back with left, make a ¼ turn right hitching right knee up.
- 3 4 Make a ¼ turn right stepping forward with right, make a ¼ turn right hitching left knee up.
- 5 6 7 8Rock left to the left, recover onto right, cross step left over right, hold for Count 8. (3) O'CLOCK)

RUMBA BOX.

- 1 2 3 4Step right to the right, step left next to right, step forward with right, hold for Count 4.
- 5 6 7 8Step left to the left, step right next to left, step back with left, hold for Count 8. (3 O'CLOCK)

BACK, LOCK, BACK. COASTER STEP.

- 1 2 3 4Step back with right, lock left across right, step back with right, hold for Count 4.
- 5 6 7 8Step back with left, step right next to left, step forward with left, hold for Count 8. (3 O'CLOCK)

EXTENDED STEP LOCK, TOUCH BEHIND.

- 1 2 3 4Step forward with right, lock left behind right, step forward with right, lock left behind right.
- 5 6 7 8Step forward with right, lock left behind right, step forward with right, touch left behind right. (3) O'CLOCK)

BACK, SWEEP. X2. COASTER STEP.

- 1 2 3 4Step back with left, sweep right foot back, step back with right, sweep left foot back.
- 5 6 7 8Step back with left, step right next to left, step forward with left, hold for Count 8. (3) O'CLOCK)

END OF DANCE!

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