

On The Rocks

拍数: 32 墙数: 4 级数: WCS
编舞者: Michael Kielbasa & Michael Kiehm - March 2015
音乐: On the Rocks - Grieves



Stepsheet made by Miquel Menéndez

Start position: LF forward, weight is on LF (count 32)

[1-8]: BALL POINT, BALL CROSS, ½ TURN L, KNEE POP, ½ TURN L, STEP BACK, CROSS, STEP IN PLACE, FLICK, KICK, CROSS x2

& Step RF next to LF
1 Point LF forward
& Step LF close to RF
2 Cross RF over LF
3 ½ turn L, Knee pop with LF (weight is on RF)
& Step in place with LF
4 ½ turn L, Step back with RF
5 Cross LF over RF
& Step in place RF, Flick LF over right knee
6 Kick LF diagonally forward
& Step to left
7 Cross RF over LF
& Step to left
8 Cross RF over LF

[9-16]: SIDE, HESITATION, KNEE IN, TOGETHER, CAMEL WALK, MAMBO STEP

9 Step LF to left
10 Hold
11 Turn left knee in
12 1/8 turn R, Step RF next to LF
13 Step LF forward
14 Lock RF behind LF, Pop left knee forward
15 Rock LF forward
& 1/8 turn L, Step RF in place
16 Step LF next to RF

[17-24]: BRAZILIAN WALK, SWEEP, CROSS ROCK x2

17-18 ¼ turn L, Step RF to right
19 ¼ turn L, Step LF forward, Start Sweep RF from back to front
20 Finish Sweep RF, ¼ turn L
21 Cross Rock RF over LF
& Step LF in place
22 Step RF to right
23 Cross Rock LF behind RF
& Step RF in place
24 ¼ turn L, Step LF forward

[25-32]: FOLLOWERS SUGAR TUCK, ½ TURN R, ½ TURN R WITH HITCH, SIDE STEP, BODY ROLL, HITCH

25 Twist body to left pushing your right shoulder forward
26 ½ turn R, Step RF forward

27 ½ turn R, Hitch left knee
28 Step LF to left
29-30 Body Roll from left to right
31 ¼ turn R, Hitch left knee
32 Step LF forward

Contact: menendez.miquel@gmail.com
