

You Rock Me

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Lene Ramsing (NL) - September 2016
音乐: You Rock Me - Enrique Iglesias : (3:44)



#16 count intro – Start with weight on L foot facing 12 o'clock.

[1 – 8] □ Side touch, kick ball cross, side rock, saylor ¼

1 – 2 (1) Step R foot to the right side (2) Touch L toe next to R foot
3 & 4 (3) Kick L foot forward (&) Step L ball next to R foot (4) Step R foot across in front over L foot.
5 – 6 (5) Step L foot to the left (6) Recover weight on R foot
7 & 8 (7) Step L foot across behind R foot (&) Step R foot next to L foot (8) Step L foot forward ¼
 turn to the left

[9 – 16] □ Side, behind, Chasse ¼, step turn ¼, cross shuffle.

9 – 10 (9) Step R foot to the right (10) Step L foot across behind the R foot
11 & 12 (11) Step R foot to the right (&) Step L foot next to R foot (12) Step R foot ¼ turn to the right
13 – 14 (13) Step L foot forward (14) Turn ¼ to the right and recover weight on R foot
15 & 16 (15) Step L foot across in front over R foot (&) Step R foot to the right (16) Step L foot across
 in front over R foot

[17 – 24] □ Side rock x 2, heel switches, point out x 2.

17 – 18 & (17) Step R foot to the right (18) Recover weight on L foot (&) Step R foot next to L foot
19 – 20 & (19) Step L foot to the left (20) Recover weight on R foot (&) Step L foot next to R foot
21 & 22 & (21) Dig R heel forward (&) Recover R foot next to L foot (22) Dig L heel forward (&) Recover
 L foot next to R foot
23 & 24 (23) Point R toe to the right (&) Recover R foot next to L foot (24) Point L toe to the left

[25 – 32] □ Sailor, sailor ¼, pivot ½, chasse ¼.

25 & 26 (25) Step L foot behind R foot (&) Step R foot next to L foot (26) Step L foot to the left
27 & 28 (27) Step R foot behind L foot (&) Step L foot next to R foot (28) Step R foot ¼ turn to the
 right
29 – 30 (29) Step L foot forward (30) Turn ½ to the right and recover weight on R foot
31 & 32 (31) Step L foot ¼ turn to the left (&) Step R foot next to L foot (32) Step L foot to the left

[33 – 40] □ Back step and twist x 4, back rock, kick ball step.

33 – 34 (33) Step back on R foot and twist L toe out to the left (34) Step back on L foot and twist R
 toe out to the right
35 – 36 (35) Step back on R foot and twist L toe out to the left (36) Step back on L foot and twist R
 toe out to the right
37 – 38 (37) Step R foot back (38) Recover weight forward on L foot
39 & 40 (39) Kick R foot forward (&) Recover R foot next to L foot (40) Step L foot forward

[41 – 48] □ Step forward diagonally out R L, step back in place R L, jazz box cross.

41 – 42 (41) Step R foot diagonally forward to the right (42) Step L foot diagonally forward to the left
43 – 44 (43) Recover R foot in place (44) Recover L foot next to R foot
45 – 46 (45) Step R foot across in front over L foot (46) Step L foot back
47 – 48 (47) Step R foot next to L foot (48) Step L foot across in front of R foot

[49 – 56] □ Side, behind, chasse ¼, pivot ½, chasse ¼

49 – 50 (49) Step R foot to the right (50) Step L foot across behind R foot
51 & 52 (51) Step R foot to the right (&) Step L foot next to R foot (52) Step R foot ¼ turn to the right
53 – 54 (53) Step L foot forward (54) Turn ½ to the right and recover weight on R foot

55 & 56 (55) Step L foot $\frac{1}{4}$ turn to the left (&) Step R foot next to L foot (56) Step L foot to the left

[57 – 64] □ Back rock, kick ball step, jazz box cross.

57 – 58 (57) Step R foot back (58) Recover weight on L foot

59 & 60 (59) Kick R foot forward (&) Recover R foot next to L foot (60) Step L foot forward

61 – 62 (61) Step R foot across in front of L foot (62) Step L foot back

63 – 64 (63) Step R foot next to L foot (64) Step L foot across in front of R foot

Restart: □ Wall 3 facing 6 o'clock, after 16 count, facing 9 o'clock, restart.

Ending: □ Wall 8 facing 9 o'clock, after 32 count, facing 12 o'clock. Step R foot across over L foot. End of dance.

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