

Funky Sole

拍数: 64 墙数: 4 级数: Easy Intermediate
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音乐: Old Time Rock & Roll - Michael Bolton : (CD: Songs Of Cinema - iTunes & www.amazon.co.uk)



#16 Count intro

S1: Forward Rock. & Heel Switches. & Step. Pivot 1/2 Turn Right. Step. Pivot 1/2 Turn Right.

1 – 2 Rock forward on Right. Rock back on Left.
&3&4 Step back on Right. Dig Left heel forward. Step Left back to place. Dig Right heel forward.
&5 – 6 Step Right back to place. Step forward on Left. Pivot 1/2 turn Right.
7 – 8 Step forward on Left. Pivot 1/2 turn Right. Easier Option: Counts 5 – 8 ... Left Rocking Chair

S2: Cross Rock. Syncopated Touch x 2. 1/4 Turn Left. 1/2 Turn Left. Side Rock 1/4 Turn Left.

1 – 2 Cross rock Left over Right. Rock back on Right.
&3 Step Left Diagonally back to Left side. Touch Right beside Left.
&4 Step Right Diagonally back to Right side. Touch Left beside Right.
5 – 6 Make 1/4 Left stepping forward on Left. Make 1/2 turn Left stepping back on Right.
7 – 8 Make 1/4 Left Rocking Left to Left side. Recover weight on Right. (Facing 12 o'clock)

S3: Behind. Side. Left Cross Shuffle. Right Side Rock. Right Sailor 1/4 Turn Right.

1 – 2 Cross Left behind Right. Step Right to Right side.
3&4 Cross step Left over Right. Step Right to Right side. Cross step Left over Right.
5 – 6 Rock Right out to Right side. Recover weight on Left.
7&8 Make 1/4 turn Right stepping back on Right. Step Left beside Right. Step forward on Right.

S4: Forward Rock. & Back. Back. 1/4 Turn Right. Point. 1/4 Turn Left. Point.

1 – 2 Rock forward on Left. Rock back on Right. (Facing 3 o'clock)
&3 – 4 Step Left beside Right. Step back on Right. Step back on Left.
5 – 6 Make 1/4 turn Right stepping Right to Right side. Point Left toe out to Left side.
7 – 8 Make 1/4 turn Left stepping Left beside Right. Point Right toe out to Right side.

S5: Cross. Side. Right Sailor. Cross. Side. Left Sailor 1/4 Turn Left.

1 – 2 Cross step Right over Left. Step Left to Left side.
3&4 Cross Right behind Left. Step Left to Left side. Step Right to Right side.
5 – 6 Cross step Left over Right. Step Right to Right side.
7&8 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left.

S6: Step Forward. Hold and Clap. & Step Forward. Scuff Up. 2 x Walks Back. Left Coaster Cross.

1 – 2 Step forward on Right. Hold and Clap. (Facing 12 o'clock)
&3 – 4 Step ball of Left beside Right. Step forward on Right. Scuff Left forward raising Left knee up.
5 – 6 Walk back on Left. Walk back on Right.
7&8 Step back on Left. Step Right beside Left. Cross step Left over Right.

S7: Side Step Right. Behind. & Cross Rock. Chasse 1/4 Turn Left. Step. Pivot 1/2 Turn Left.

1 – 2 Step Right to Right side. Cross Left behind Right.
&3 – 4 Step ball of Right to Right side. Cross rock Left over Right. Rock back on Right.
5&6 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.
7 – 8 Step forward on Right. Pivot 1/2 turn Left. (Facing 3 o'clock)

S8: Forward Rock. 2 x 1/2 Turns Right. Back Rock. 2 x 1/2 Turns Left.

1 – 2 Rock forward on Right. Rock back on Left.

- 3 – 4 Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
- 5 – 6 Rock back on Right. Rock forward on Left.
- 7 – 8 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.

Start Again
