

Rock Around The Clock

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数:
编舞者: Kerly Luige (EST) - 2005
音乐: Rock Around The Clock - Elvis Presley



Shuffle, Kick-Step, Kick-Step, Kick-Step

- 1&2 Step forward with right, Step together with left, Step forward with right
- 3,4 Kick left forward, Step back with left
- 5,6 Kick right forward, Step back with right
- 7,8 Kick left forward, Step back with left

Shuffle, Rock-Step, Shuffle, Rock-Step

- 1&2 Step right to right side, Step together with left, Step right to right side
- 3,4 Rock left back, Recover weight on right
- 5&6 Step left to left side, Step together with right, Step left to left side
- 7,8 Rock right back, Recover weight on left

4xTwisting to right

- 1,2 Step right to right side with toe touching the ground and heel up to right, Step right to right side with heel touching the ground and toe up right
- 3,4 Step right to right side with toe touching the ground and heel up to right, Step right to right side with heel touching the ground and toe up right
- 5,6 Step right to right side with toe touching the ground and heel up to right, Step right to right side with heel touching the ground and toe up right
- 7,8 Step right to right side with toe touching the ground and heel up to right, Step right to right side with heel touching the ground and toe up right

- All the time left foot twists along on the ground

Monterey-Turn 1/2, Monterey-Turn 1/2

- 1,2 Touch right toe to right side, Make 1/2 turn to right on ball on left foot stepping right next to left
- 3,4 Touch left toe to left side, Step left next to right
- 5,6 Touch right toe to right side, Make 1/2 turn to right on ball on left foot stepping right next to left
- 7,8 Touch left toe to left side, Step left next to right

4xToe-Heel Struts

- 1,2 Step right toe back, Lift weight to right putting right heel on the ground
- 3,4 Step left toe back, Lift weight to left putting left heel on the ground
- 5,6 Step right toe back, Lift weight to right putting right heel on the ground
- 7,8 Step left toe back, Lift weight to left putting left heel on the ground

Shuffle, Rock-Step, Pivot-Turn 1/2, Pivot-Turn 1/4 With Hook

- 1&2 Step back with right, Step together with left, Step back with right
- 3,4 Rock left back, Recover weight on right
- 5,6 Step left forward, Make 1/2 turn to right ending weight on right foot
- 7,8 Step left forward, Make 1/4 turn to right ending weight on left foot and holding right foot hooked across the left foot