

Dock Rock

拍数: 64 墙数: 2 级数: Intermediate
编舞者: HOPIN Gwendoline (FR) & Laurent Chalon (BEL) - April 2020
音乐: Dock Rock - The Washboard Union



Intro : 16 Counts

Section 1 : SIDE ROCK RF, SWITCH, SIDE ROCK LF, HEEL RF, SWITCH, HEEL LF, WALK FORWARD RF & LF

1-2& Side Rock RF to the Right, Recover on LF, RF Next to LF 12:00
3-4& Side Rock LF to the Left, recover on RF, LF Next to RF
5&6& Heel RF Forward, RF next to LF, Heel LF Forward, LF next to RF
7-8 Step RF Forward, Step LF Forward

Section 2 : ROCK STEP FORWARD RF, STEP LOCK STEP BACK RF, COASTER STEP LF, RF STEP PIVOT ½ TURN L

1-2 Rock Forward RF, Recover on LF
3&4 Step Lock Step RF Back
5&6 Coaster Step LF
7-8 Step RF Forward, Pivot ½ turn to the Left 06:00

* Restart here wall 5

Section 3 : CROSS ROCK RF, PIVOT ¼ TURN R & ½ TURN R, STEP LOCK STEP BACK RF, BACK ROCK STEP LF

1-2 Cross Rock RF over LF
3-4 ¼ turn to the Right Step RF Forward, ½ turn to the right Step LF Back 09:00
5&6 Step Lock Step RF Back 03:00
7-8 Rock Step LF Back, Recover on RF

Section 4 : WALK FORWARD LF & RF, STEP LOCK STEP FORWARD LF, RF STEP PIVOT ½ TURN L, RF TRIPLE STEP ½ TURN L

1-2 Step LF Forward, Step RF Forward
3&4 Step Lock Step Forward LF
5-6 Step RF Forward, Pivot ½ turn to the Left 09:00
7&8 ½ turn to the left, RF triple step back 03:00

Section 5 : WALK BACK LF & RF, COASTER CROSS LF, SIDE STEP RF, SIDE STEP ¼ TURN L, TRIPLE CROSS RF

1-2 Step LF Back, Step RF Back
3&4 Coaster cross LF
5-6 Side Step RF to the right, ¼ turn to the Left Side Step LF to the Left 12:00
7&8 Cross RF over LF, Side Step LF to the Left, Cross RF over LF

Section 6 : SIDE ROCK LF, BEHIND SIDE CROSS, WEAVER

1-2 Side Rock LF to the Left, Recover on RF
3&4 LF behind RF, Side Step RF to the Right, Cross LF over RF
5-6 Side Step RF to the Right, LF Behind RF
7-8 Side Step RF to the Right, Cross LF over RF

Restart here walls 2 & 3

Section 7 : SIDE STEP RF, TOUCH LF, KICK BALL CROSS LF, SIDE ROCK LF, SAILOR STEP LF ¼ TURN L

1-2 Side Step RF to the Right, Touch LF next to RF

3&4 Kick Ball cross LF
5-6 Side Rock LF to the Left, Recover on RF
7&8 Sailor Step LF with ¼ turn to the Left 09:00

Section 8 : STEP RF, HEEL BOUNCE ¼ TURN L, HEEL FORWARD RF, SWITCH, HEEL FORWARD LF, BIG STEP FORWARD RF, STOMP LF

1-2-3-4 Step RF Forward, Heel Bounce (x3) with ¼ turn to the Left 06:00
5&6& Heel RF Forward, RF next to LF, Heel LF Forward, LF next to RF
7-8 Big Step RF Forward, Stomp LF next to RF

Bonne danse...

country@webchalon.be - <http://countrylinedance.webchalon.be>
