Rock Bottom

拍数: 32

级数: Beginner

编舞者: Sonny V. (DE) - April 2021

音乐: Rock Bottom - Eli Mosley

- Start after 16 counts together with vocals - No Tags & No Restarts

[1-8] Rocking Chair, Rock Fwrd., Recover, Chassé Right

- 1-2 Rock fwrd, with RF - recover on LF
- 3-4 Rock back with RF - recover on LF
- 5-6 Rock fwrd. with RF - recover on LF
- 7&8 RF right - LF step next to RF - RF right

[9-16] Rocking Chair, Rock Fwrd., Recover, Chassé Left

- 1-2 Rock fwrd. with LF - recover on RF
- 3-4 Rock back with LF - recover on RF
- 5-6 Rock fwrd. with LF - recover on RF
- LF left RF next to LF LF left 7&8

[17-24] Back, Touch, Shuffle Fwrd. 2x, Step Fwrd., ¼ Turn Right

- RF back LF touch next to RF 1-2
- 3&4 LF fwrd. - RF next to LF - LF fwrd.
- RF fwrd. LF next to RF RF fwrd. 5&6
- 7-8 LF fwrd. - 1/4 turn right step on RF (3:00)

[25-32] Jazz Box Touch, Step Out, Toes In, Heel In, Flick Out

- cross LF in front of RF RF back 1-2
- 3-4 LF left - RF touch next to LF
- 5-6 RF step diagonally out - bring R toes in
- 7-8 bring R heel in - flick RF out behind (R knee comes to L knee)

Rock it and have fun...

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Last Update: 23 Jan 2023





墙数: 4