

Shag Rock

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - January 2023
音乐: Don't Play That Song - Bruce Springsteen



Other Music: Lovey Dovey (Delbert McClinton [102 bpm]; any shag-suitable music)
Note: No tags or restarts. Can be adapted as a partner Shag with only a few modifications.

Starting position: Facing 12:00 wall with weight on RF.

[1-6] STEP SIDE, CROSS POINT, HOOK, POINT FORWARD, STEP BACK, ROCK BACK, RECOVER

1-2 Step LF to L turning slightly L (1), point R toe across LF (2)
& Hook RF across L shin (&)
3-4 Turn slightly R and point R toe forward (3), step RF slightly back (4)
5-6 Rock back on LF (5), recover on RF (6)

Variation: Replace 5-6 with &5&6 (rock back, recover, rock back, recover).

[7-12] 1/2 R TURNING SHUFFLE, CUBAN BREAK, COASTER STEP

1&2 Turn 1/4 R and step LF to L (1), step RF beside LF (&), turn 1/4 R and step LF back slightly (2)
3& Cross rock on RF (3), recover on LF (&)
4& Side rock on RF to R (4), recover on LF (&)
5&6 Coaster step: Small step back on RF (5), step LF beside RF (&), step forward on RF (6)

[13-18] HEEL GRIND, STEP BACK, BACK COASTER, HEEL GRIND, ROCK BACK, RECOVER

&1 Small step forward on L heel with toe turned in (&), push off L heel and turn L toe out and step back on RF (1)
2 Step LF back slightly (2)
3&4 Coaster step back: Small step back on RF (3), step LF beside RF (&), step RF forward (4)
&5 Small step forward on L heel with toe turned in (&), push off L heel turning toe out and step back on RF (5)
&6 Rock back on LF (&), recover on RF (6)

[19-24] STEP FORWARD, POINT DIAGONAL FORWARD, BEHIND, SIDE, CROSS, POINT, BALL, SIDE

1-2 Prep step: Step forward on LF (1), point R toe diagonal forward with toe turned out (2)
3&4 Step RF behind LF (3), swivel 1/8 L on ball of RF and step LF to L (&), swivel 1/8 L and cross RF over LF (4)
5&6 Point L toe forward with toe turned out (5), step on ball of LF beside RF (&), small step R on RF (6)

Note: End facing 9:00 wall.

[25-32] VOLTAS R, HITCH AND 1/2 TURN R, CROSS, HITCH, VOLTAS R, HITCH AND 1/2 TURN R, VOLTAS L

1&2 Cross LF over RF (1), slide RF behind LF (&), cross LF over RF (2)
& Hitch R knee and turn 1/2 R (&)
3-4 Cross RF over LF (3), hitch L knee and swivel hips R to change direction of travel (4)
5&6 Cross LF over RF (5), slide RF behind LF (&), cross LF over RF (6)
& Hitch R knee and turn 1/2 R (&)
7&8 Cross RF over LF (7), slide LF behind RF (&), cross RF over LF (8)

START OVER

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