

Rock Around The Clock EZ

拍数: 48 墙数: 4 级数: Easy Beginner
编舞者: Marie Pietersz (AUS) - January 2023
音乐: Rock Around the Clock - Bill Haley & The Comets
或: Please Mama Please - Go Cat Go
或: Sixties Medley - Die Campbells



Thank you to Joan Eu for suggesting an EZ dance for beginners
Use as split floor dance with Rock Around The Clock (choreographer Tony Chapman)

Start at vocals

S1 Strut forward

1-4 Forward on R heel, place R toe down, forward on L heel, place L toe down
5-8 Repeat steps 1-4

S2 Strut back

9-12 Place R toe behind, place R heel down, place L toe behind, place L heel down
13-16 Repeat steps 9-12

S3 Right side touches

17-20 Touch R to R side, hold, touch R next to L, hold
21-24 Touch R to R side, touch R next to L, touch R to R side, hold

S4 Jazz box with struts turning ¼ R

25-28 Step R toe forward, place heel down, place L toe behind, place heel down
29-32 Turning ¼ R place R toe forward, place heel down, place L toe next to R, place heel down
(3.00)

S5 Toe, heel, stomp, hold x 2

33-36 Twist R toe towards L, straighten and place R heel down, stomp R next to L (or cross over L),
hold
37-40 Twist L toe towards R, straighten and place L heel down, stomp L next to R (or cross over R),
hold

S6 Mambo forward and back

41-44 Step R forward, recover on L, step R slightly behind L
45-48 Step L behind, recover on R, step L slightly in front of R

REPEAT AND ENJOY

I do not own the music

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