

Rock Around the Clock

拍数: 96 墙数: 2 级数: High Improver
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音乐: Rock Around the Clock - Bill Haley & The Comets : (Album: Los Grandes Del Rock. Vol. 1)



Intro – 32 Counts

Sec 1. Kick kick sailor, kick kick sailor

1 , 2 Lf kick forward, Lf kick side L
3&4 Step Lf behind cross Rf, step Rf side to R, step Lf side to L
5 , 6 Rf kick forward, Rf kick side R
7&8 Step Rf behind cross Lf, step Lf side to L, step Rf side to R

Sec 2. Kick kick sailor, kick kick turn 1/4 R sailor

1 , 2 Lf kick forward, Lf kick side L
3&4 Step Lf behind cross Rf, step Rf side to R, step Lf side to L
5 , 6 Rf kick forward, Rf kick side R
7&8 1/4 turn R step Rf behind cross Lf, step Lf side to L, step Rf forward

Sec 3. Back lock forward, Back lock forward, hitch 1/2 R turn forward hold

1 , 2 Step Lf lock behind Rf, step Rf forward
3 , 4 Step Lf lock behind Rf, step Rf forward
5 , 6 Step Lf hitch 1/2 R turn
7 , 8 Step Lf forward, hold

Sec 4. Back lock forward, Back lock forward, hitch 3/4 L turn, side, hold

1 , 2 Step Rf lock behind Lf, step Lf forward
3 , 4 Step Rf lock behind Lf, step Lf forward
5 , 6 Step Rf hitch 3/4 L turn
7 , 8 Step Rf side R, hold

Sec 5. Boogie walk x4 boogie forward x2

1 , 2 Step Lf swivel to L, step Rf swivel to R
3 , 4 Step Lf swivel to L, step Rf swivel to R
5 , 6 Step Lf lift(hip roll), step Lf forward
7 , 8 Step Rf lift(hip roll), step Rf forward

Sec 6. Twist, kick ball cross, side slide drag

1 , 2 Both toe out, heel out
3 & 4 Kick Lf to diagonal, Lf step on ball, cross Rf over Lf
5 , 6 Step Lf side to L slide
7 , 8 Step Rf drag to L(weight Rf)

Sec 7. Sugar foot cross x 2

1 , 2 Lf toe beside touch Rf, Lf hell touch out L,
3 , 4 Step cross Lf over Rf, hold
5 , 6 Rf toe beside touch Lf, Rf hell touch out R
7 , 8 Step cross Rf over Lf, hold

Sec 8. Sugar foot cross, twist

1 , 2 Lf toe beside touch Rf, Lf hell touch out L
3 , 4 Step cross Lf over Rf, hold

- 5 , 6 Swivel both heels to R, swivel both toes to R
7 , 8 Swivel both heels to R, swivel both toes to R

Sec 9. Rocking chair, forward rock recover side

- 1 , 2 Step Lf diagonal forward Rf recover(1:30)
3 , 4 Step Lf back, Rf recover
5 , 6 Step Lf diagonal forward, Rf recover
7 , 8 Step Lf side to L, hold(12:00)

Sec 10 . Rocking chair, forward rock recover side

- 1 , 2 Step Rf diagonal forward, Lf recover(10:30)
3 , 4 Step Rf back, Lf recover
5 , 6 Step Rf diagonal forward, Lf recover
7 , 8 Step Rf side to R, hold(12:00)

Sec 11 . Free walk turn 1/2 R

- 1 , 2 Step Lf forward, turn 1/8 R hold clap
3 , 4 Step Rf forward, turn 1/8 R hold clap
5 , 6 Step Lf forward, turn 1/8 R hold clap
7 , 8 Step Rf forward, turn 1/8 R hold clap

Sec 12. Jazz box X 2

- 1 , 2 Cross Lf over Rf, step Rf back
3 , 4 Step Lf to L side, step Rf forward
5 , 6 Cross Lf over Rf, step Rf back
7 , 8 Step Lf to L side, step Rf beside Lf
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