

Rock Moves

拍数: 40 墙数: 4 级数: Intermediate
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音乐: So What - P!nk



Intro: 24 counts, about 12 secs, start at "I guess"

Restarts: 2

- 1. Wall 2 facing 12:00
- 2. Wall 7 facing 6:00

-1 Tag, 3 times

- 1. Wall 5 facing 6:00
- 2. Wall 10 facing 12:00
- 3. Wall 12 facing 9:00

First 8: L Stomp, ¼ to the L & Kick, L Back Coaster Step, Sailor Steps (x2)

- 1 Stomp LF together keeping weight on RF
- 2 Turn ¼ L on RF and kick LF forward facing 9:00
- 3&4 Step LF back, step RF together, step LF forward
- 5&6 Step RF crossing behind LF, step LF besides RF, step RF diagonal forward
- 7&8 Step LF crossing behind RF, step RF besides LF, step LF diagonal forward

Second 8: R Forward rock, Turning Triple step ½ turn over R shoulder, Kick LF, point RF, Kick RF, point LF

- 1,2 Rock forward on RF
- 3&4 Step RF back while doing a ½ turn over the R shoulder to face 3:00, step LF together, step RF forward
- 5&6 Kick LF forward, step LF together, point RF out to the side
- 7&8 Kick RF forward, step RF together, point LF out to the side

*** Restart here on walls 2 & 7 ***

Third 8: ½ turn over L shoulder, Full turn over L shoulder, R side rock, L side rock

- 1,2 Step RF forward turning ½ L to face 9:00
- 3,4 Step LF back turning ½ L finishing a full spin turning L & traveling forward
- 5,6 Step R, rock on RF, recover weight on LF
- 7,8 Step L, rock on LF, recover weight on RF

Fourth 8: LF Behind, LF In front, R hip bump, L back sweep, R back sweep (x2)

- 1&2 Cross step LF behind RF, step RF to the Right side, cross step LF over RF
- 3,4 Touch RF forward, bump R hip forward
- 5,6 Step RF back sweeping Left foot from front to back, step LF back sweeping RF from front to back
- 7,8 Step RF back sweeping LF from front to back, step LF back sweeping RF from front to back

Tag (8 counts) Wizard Step (x2) Point RF, Point LF, Point RF, Flick RF

- 1,2 Step RF diagonal forward, lock LF behind RF, step RF diagonal forward
- 3,4 Step LF diagonal forward, lock RF behind LF, step LF diagonal forward
- 5&6&7 Point RF out to the R, step RF next to LF, point LF out to the L, step LF next to RF, point RF out to the R
- 8 Flick RF behind L knee

End dance on 12:00 wall

