

Good Rockin' Tonight

拍数: 48 墙数: 2 级数: Improver
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2024
音乐: Good Rockin' Tonight - Rod Stewart & Jools Holland



#32 count intro – 155bpm – 2mins 50secs – no tags or restarts

Music Available: Amazon

[1-8] R toe/heel strut, L rock back/recover, L toe/heel strut, R rock back/recover

1-4 Touch R toes side, step R heel down, rock L back, recover weight on R

5-8 Touch L toes side, step L heel down, rock R back, recover weight on L

[9-16] R fwd, ¼ L pivot turn, R fwd, ¼ L pivot turn, R jazz box cross

1-4 Step R forward, pivot ¼ left (9 o'clock), step R forward, pivot ¼ left (6 o'clock) (use your hips as you turn)

5-8 Cross step R over L, step L back, step R side, cross step L over R

[17-24] R grapevine with L touch, L grapevine with ¼ L, R brush fwd

1-4 Step R side, cross step L behind R, step R side, touch L together

5-8 Step L side, cross step R behind L, turning ¼ left step L forward (3 o'clock), brush R forward

[25-32] R out, hold, L apart, hold, Hip bumps R/L/R/L

1-4 Step R side, hold, step L apart, hold

5-8 Bump hips R, L, R, L (weight ends on L)

[33-40] ¼ R Monterey turn, ¼ R Monterey turn

1-4 Touch R toes to R side, turning ¼ right step R together (6 o'clock), point L toes L side, step L together

5-8 Touch R toes to R side, turning ¼ right step R together (9 o'clock), point L toes L side, step L together

[41-48] R side, L cross behind, ¼ R fwd, L fwd, ½ R pivot turn, L fwd, R fwd, L fwd

1-2 Step R side, cross step L behind R

3-4 Turning ¼ right step R forward (12 o'clock), step L forward

5-6 Pivot ½ right (6 o'clock), step L forward

7-8 Step R forward, step L forward

Optional choice: On counts 47-48 you can execute boogie walks forward