

Rock Bottom

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gudrun Bachner (AUT) - June 2024
音乐: Rock Bottom Blues - Kid Rock



Intro: 32 Counts - Tags: 0 Restarts: 2

[S1] Step, Touch + Snap – 4x

1-2 Step RF diagonally right forward, touch LF beside RF and snap
3-4 Step LF diagonally left forward, touch RF beside LF and snap
5-8 Repeat 1 to 4

[S2] Back, Kick + Clap – 4x

1-2 Step RF back, kick LF forward and clap
3-4 Step LF back, kick RF forward and clap
5-8 Repeat 1 to 4

RESTART: in wall 4 (9:00h) and wall 8 (6:00h)

[S3] Side, Flick, Side, Touch, V-Step

1-2 Step RF to the right, flick LF behind left leg (or for absolute beginners: touch LF beside RF),
optional: clap on both hips
3-4 Step LF to the left, touch RF beside RF and snap or clap
5-6 Step RF diagonally forward, step LF to the left
7-8 Step RF back to the middle, close LF beside RF

[S4] Heel Switches – 2x, ¼ turn R, Heel Switches - 2x

1-2 Touch right heel diagonally right forward, RF close beside LF
3-4 Touch left heel diagonally left forward, LF close beside RF
5-6 Turn ¼ right, touch right heel diagonally right forward, RF close beside LF = 3:00 h
7-8 Touch left heel diagonally left forward, LF close beside RF

Last Update: 16 Oct 2024