

Keep Us Rocking

拍数: 64 墙数: 0 级数:
编舞者: Margo Kennedy (CAN) & Lisa Potter (CAN)
音乐: Keep Me Rockin' - Patricia Conroy



HEEL FORWARD, HOOK, KICK, KICK

1-4 Touch right heel forward, touch right toe across left, kick right foot forward twice

STEP TOUCH FORWARD, TOUCH ACROSS, KICK KICK

&5 Step down on right, touch left heel forward

6 Touch left foot across right

7-8 Kick left foot forward twice

LEFT VINE, ROLLING RIGHT VINE

9-12 Step side left, step right behind left, step side left, touch right beside left & clap

13-16 Rolling vine to the right: step right, left, right (you should have completed a full turn on 3 beats), touch left to right & clap

ROCK-STEPS, SHUFFLE IN PLACE

17-18 Rock forward on left, step in place on right

19&20 One 3-step shuffle in place: left-right-left

21-22 Rock forward on right, step in place on left

23&24 One 3-step shuffle in place: right-left-right

KICK FORWARD, KICK WHILE ¼ TURNING, SHUFFLE IN PLACE

25-26 Kick left foot forward, kick left foot forward as you ¼ pivot left on the ball of right foot

27&28 One 3-step shuffle in place: left-right-left

29-30 Kick right foot forward, kick right foot forward as you ¼ pivot right on the ball of left foot

31&32 One 3-step shuffle in place: right-left-right

SHUFFLE FORWARD, STEP FORWARD, ½ TURN

33&34 One 3-step shuffle forward: left-right-right

35-36 Step forward on right, step ½ turn to the left on the left foot, (weight on left)

TOE TOUCHES & PAUSES

37-38 Touch right toe out to the right side, hold for one beat

&39 Step right beside left, touch left toe out to left side

40 Hold for one beat

ROCK STEPS AND SHUFFLES

41-42 Rock forward on left, step in place on right

43&44 One 3-step shuffle in place: left-right-left

45-46 Rock back on right, step in place on left

47&48 One 3-step shuffle in place: right-left-right

½ PIVOTS, HITCHES & SLAPS

49-50 Step forward on left, ½ pivot to the right on the left foot while hitching & slapping right knee

51-52 Step back on right, hitch left knee & slap with left hand

53-54 Step forward on left, ½ pivot to the right on left foot while hitching & slapping right knee

55-56 Step back on right, hitch left knee & slap with left hand

left VINE ¼ TURNING TO THE left

57-60 Step side left, step right behind left, step ¼ turn left on left foot, stomp right & clap

HIP BUMPS

61-64 Bump hips right, bump hips left, bump hips right, bump hips left

REPEAT
