

Locomotion 2000

拍数: 48 墙数: 2 级数: Improver
编舞者: Neil Hale (USA)
音乐: Locomotion - Scooter Lee



CROSS BREAKS, SIDE TRIPLE STEPS

1-2 Left cross-rock step over right, right rock in place
3&4 Left small step side left; right step next to left, left step side left
5-6 Right cross-rock step over left, left rock in place
7&8 Right small step side right; left step next to right, right step side right

½ SPINS, SIDE TRIPLE STEPS, SYNCOPATED ROCK STEPS

Spins are done on ball of weighted foot and the opposite knee is hitched up during spins

&1&2 With weight on right foot, spin ½ turn right in place, left small step side left, right step next to left, left step side left
&3&4 With weight on left foot, spin ½ turn right in place, right small step side right, left step next to left, right step side right
&5&6 Hitch left knee up, left rock step forward, right rock in place, left rock step back
&7&8 Right rock in place, left rock step forward, right rock in place, left rock step back

ROCK IN PLACE, SIDE STEPS & CLAPS

&1-2 Right rock in place, left step side left, hold and clap
3&4 Right step next to left, clap, clap
5-6 Left step side left, hold and clap
7&8 Right step next to left, clap, clap

ROCK STEPS, FULL TURN (TRIPLE STEPS), SYNCOPATED ROCK STEPS

1-2 Left rock step forward, right rock in place
3&4 Left step back into ½ turn left, right step forward into ¼ turn left, left step side into ¼ turn left
On counts 3&4 steps are done close together while keeping turn very tight
5&6 Right rock step forward, left rock in place, right rock step back.
&7&8 Left rock in place, right rock step forward, left rock in place, right rock step back

ROCK IN PLACE, TOE HEEL STRUTS, ROCK STEPS, TRIPLE STEPS

&1-2 Left rock in place, right toe touch forward, right heel drop to floor
3-4 Left toe touch forward, left heel drop to floor
5-6 Right rock step forward, left rock in place
7&8 Right small step back, left step next to right, right small step back

TOE HEEL STRUTS, ROCK STEPS, ½ TURN, STEP IN PLACE

1-2 Left toe touch back, left heel drop to floor
3-4 Right toe touch back, right heel drop to floor
5-6 Left rock step back, right rock in place
7-8 Left step forward into ½ turn right, right step in place

REPEAT