

# P. O. Q.

拍数: 32      墙数: 2      级数: Beginner social cha  
编舞者: Jan Wyllie (AUS)  
音乐: I Hear You Knocking - Shakin' Stevens



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## ROCK ROCK, TRIPLE STEP, ROCK ROCK, TRIPLE STEP

1-2-3&4      Rock/step forward on left, rock back on right, triple step on the spot left, right, left  
5-6-7&8      Rock/step back on right, rock forward on left, triple step on the spot right, left, right

## ROCK ROCK, ¼ TURN TRIPLE STEP, ROCK ROCK, ¼ TURN TRIPLE STEP

9-10      Rock/step forward on left, rock back on right  
11&12      Making a ¼ turn left triple step on the spot left, right, left  
13-14      Rock/step forward on right, rock back on left  
15&16      Making a ¼ turn right triple step on the spot right, left, right

## CROSS ROCK, TRIPLE STEP, CROSS ROCK, TRIPLE STEP

17-18      Cross/rock left over right, rock/return weight to right  
19&20      Triple step on the spot left, right, left  
21-22      Cross/rock right over left, rock/return weight to left  
23&24      Triple step on the spot right, left, right

## ROCK ROCK ¼ TURN TRIPLE STEP, ¼ TURN PIVOT, TRIPLE STEP

25-26      Rock/step forward on left, rock back on right  
27&28      Making ¼ turn left triple step on the spot left, right, left  
29-30      Step forward on right, pivot ¼ turn left transferring weight to left  
31&32      Triple step on the spot right, left, right

**REPEAT**

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