

Punk Rocker

拍数: 66 墙数: 2 级数: Intermediate
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音乐: I Wish I Was a Punk Rocker (with Flowers in My Hair) - Sandi Thom



RIGHT CHASSE, ROCK STEP, TOE STRUTS TWICE

1&2-3-4 Step right to right, step left together, step right to right, rock back on left, rock back on right
5-8 Step left to left on toe, step down on left, cross-step right in front of left, step down on right

LEFT CHASSE, ROCK STEP, TOE STRUT, SAILOR TURN ¼ LEFT

1&2 Step left to the left, step right together, step left to left
3-4-5-6 Rock back on right, rock back onto left
7&8 Cross left behind right, turn ¼ left stepping onto right, step forward left

TOE STRUT TWICE STEP TURN HOLD RIGHT TURNING LEFT

1-2 Step forward right toe, step down onto right snapping fingers
3-4 Step forward left toe, step onto left snapping fingers
5-8 Step forward right, hold, turn ¼ left, hold

ROCK STEP, COASTER STEP, ROCK STEP, TURN, TOUCH

1-2-3&4 Rock right forward, rock back on left, step back, right, step together left, step forward right
5-8 Rock forward left, rock back on right, turn ¼ left stepping left to left, touch right toe behind left

KNEEL, KICK BALL CROSS, CLAP

1-2&3&4 Kneel on left, kick right diagonally right, step onto right, cross left in front of right, clap hands twice (&4)
5-6&7&8 Kneel on left, kick right diagonally right, step onto right, cross left in front of right, clap hands twice (&8)

As option you can do "roof lifters"(push your palms up head high) twice instead of the claps

ROCK STEP, SYNCOPATED WAVE, KNEEL, KICK BALL CROSS, CLAP

1-2 Rock right to right, rock back onto left
3&4 Step right behind left, step left to left, cross-step right in front of left
5-6&7&8 Kneel on right, kick left diagonally left, step onto left, cross right in front of left, clap hands twice (&8)

KNEEL, KICK BALL CROSS, CLAP, ROCK STEP, SAILOR TURN

1-2&3&4 Kneel on right, kick left diagonally left, step onto left, cross right in front of left, clap hands twice (&4)
5-6-7&8 Rock left to left, rock back onto right, cross left behind right, turn ¼ left stepping onto right, step forward left

SYNCOPATED STEP TURN ¼ LEFT, SHUFFLE FORWARD, SYNCOPATED MAMBO TURN, TOE TOUCHES (4 TIMES)

1&2-3&4 Step forward on right, turn ¼ left, touch right beside left, step forward right, step together left, step forward right
5&6 Rock forward on left, turn ¼ left, step to left on left
7-8-9-10 Touch toes on right foot forward, right side, back, right side

REPEAT

ENDING

At the end of the last wall (third) you have to skip the last two count (9,10) and either do the following ending

(approximately 12 counts) or stop the dance here

RIGHT CHASSE, LEFT BACK ROCK TRIPLE TURN ½ RIGHT, STEP, SLIDE, WALK*2 CROSS, TURN 1/1 RIGHT

1&2-3-4 Step right to right, step left together, step right to right, rock back on left rock back onto right

5&6-7-8 Step left, right, left turning ½ right, rock back on right, rock back onto left

1-4-5-6-7-8-9-12 Step right to right, slide left towards right over 3 counts (the music is slowing down heavily now), walk forward left, hold, right, hold, cross left in front of right and turn a full turn right until music ends
