

Rock Bottom

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Pat Stott (UK)
音乐: Rock Bottom - The Dean Brothers



STOMP, SWIVEL TO RIGHT - TOE, HEEL, TOE. STOMP, SWIVEL TO LEFT - TOE, HEEL, TOE

- 1-4 Stomp right foot next to left turning the right toe in, swivel right foot only to the right - toe, heel, toe and transfer weight to right foot
- 5-8 Repeat 1-4 with the left foot (transfer weight to left)

WEAVE LEFT, ¼ TURN LEFT

- 9-12 Cross right foot over left foot, step left foot to left side, cross right foot behind left foot, turn ¼ to left and step forward on left foot
- 13-16 With weight on left foot, extend right heel forward, hold and clap, transfer weight forward on to the right foot at the same time pivot half a turn to the left, extend left foot forward, hold and clap

HEEL, HOOK, HEEL, CLOSE, SWIVEL TO RIGHT

- 17-20 Tap left heel forward, hook left foot in front of right leg, tap left heel forward, close left foot to right
- 21-24 Swivel both feet to the right - heels. Toes, heels, toes

MONTEREY TURN, HITCH, TOUCH, HOLD, CLAP

- 25-28 Touch right toe to right side, weight on left foot, pivot half a turn to right, close right foot to left foot, touch left toe to left side, hitch left knee up next to right leg
- 29-32 Touch left toe to left side, close left foot to right foot, touch right toe to right side, hold and clap

REPEAT

TAG

During the song, The Deans repeat the words "Welcome to rock bottom" 3 more times. During this, stomp the right foot on the single drum beat and hold for 3 more beats then carry on with the dance from step number 5.
