

Rock DJ

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Sam Armstrong (UK) & Ruth Armstrong (UK)
音乐: Rock DJ - Robbie Williams



HEEL GRIND, SIDE CHASSE (TWICE)

1-2 Put right heel forward (no weight), grind/fan toes to right
3&4 Side chasse right, stepping right, left, right
5-6 Put left heel forward (no weight), grind/fan toes to left
7&8 Side chasse left, stepping left, right, left

FULL TURNS (TWICE)

9&10& Step right, quarter turn, step right, quarter turn
11&12& Repeat above
13&14& Step left, quarter turn, step left, quarter turn
15&16& Repeat above

Full turns should be made with a swaying motion for extra style

Optional hand movements: on turning right, place left hand on hip, point right hand in air, rotate wrist to the left. On turning left, mirror above

CROSS, UNWIND, BACK SHUFFLE, ROCK, FORWARD SHUFFLE

17-18 Cross right over left, unwind ½ turn to left
19&20 Step left back, lock right over left, step back left
21-22 Rock back on right, forward on left
23&24 Step right forward, lock left behind right, step right forward

SIDE TOUCHES, HOLDS, HEEL SWITCHES, SCISSOR STEP

25-26 Touch left to left side, hold for one beat
&27-28 Bring left in place, touch right to right side, hold for one beat
&29 Bring right in place, put left heel forward
&30 Bring left in place, put right heel forward
31&32 Step right to right side, bring left in place, cross right over left

SIDE TOUCHES, HOLDS, HEEL SWITCHES, COASTER STEP

33-34 Touch left to left side, hold for one beat
&35-36 Bring left in place, touch right to right side, hold for one beat
&37 Put right heel forward, bring right in place
&38 Put left heel forward, bring left in place
39&40 Step left back, step right back next to left, step left forward

Optional styling: on side touches, point both hands, downwards towards foot that is touching to side

REPEAT