

# Rock-It

拍数: 72      墙数: 2      级数: Intermediate  
编舞者: Fred Rapoport (USA)  
音乐: Baby Likes to Rock It - The Tractors



## TURN-IT

1-2      Touch left to front, return to center  
3-4      Touch left to left side, return to center  
5-6      Touch right to front, return to center  
7-8      Touch right to right side, cross right in front of left  
9-10     Unwind a ½ turn to the left, hold for one beat  
11-12    Touch left to front, return to center  
13-14    Touch left to left side, return to center  
15-16    Touch right to front, return to center  
17-18    Touch right to right side, cross right in front of left  
19-20    Unwind a ½ turn to the left, hold for one beat

## SWING-IT

21&22    Shuffle in place (left-right-left)  
23&24    Shuffle in place (right-left-right)  
25-26    Rock back left 45 degrees to left, rock forward right  
27&28    Shuffle in place (left-right-left)  
29&30    Shuffle in place (right-left-right)  
31-32    Rock back left 45 degrees to left, rock forward right  
33&34    Shuffle in place (left-right-left)  
35&36    Shuffle in place (right-left-right)  
37-38    Rock back left 45 degrees to left, rock forward right  
39-40    Step left and pivot ¼ turn to the right on right  
41-42    Step left and pivot ¼ turn to the right on right  
43-44    Step left and pivot ¼ turn to the right on right  
45-46    Step left and pivot ¼ turn to the right on right

## ROCK-IT

47-48    Hop right, pointing left to left side, hold one beat  
49-50    Hop left, pointing right to right side, hold one beat  
51        Hop right, pointing left to left side  
52        Hop left, pointing right to right side  
53        Hop right, pointing left to left side  
54        Hop left, pointing right to right side  
55        Cross right in front of left  
56        Pivot ½ turn to the left on left  
57-60    Clap twice, stomp twice (right, left)

## SLAP-IT

61-62    Cross right behind left, slap with left hand, return to center  
63-64    Cross left behind right, slap with right hand, return to center

## TWIST-IT

65-68    Twist your hips back and forth as you lower into a squat position  
69-72    Twist your hips back and forth as you rise back up

REPEAT

---