

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
