

# 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

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