

Rock Me

拍数: 32 墙数: 4 级数: Improver
编舞者: Chris Cleevely (UK)
音乐: Rock Your Baby - George McCrae



HEEL BALL STEP; HEEL BALL STEP; STEP ½ TURN RIGHT; HEEL BALL STEP

1&2 Present left heel forward, weight on ball of left, step forward on right
3&4 Present left heel forward, weight on ball of left, step forward on right
5-6 Step forward on left, pivot ½ turn right (weight on right)
7&8 Present left heel forward, weight on ball of left, step forward on right

ROCK, RECOVER ¾ TURN OVER LEFT SHOULDER; FORWARD RIGHT SHUFFLE; STEP ½ TURN RIGHT

9-10 Rock forward on left, recover weight on right
11&12 Make a ¾ turn over left shoulder, stepping left/right/left
13&14 Shuffle forward right, stepping right/left/right
15-16 Step forward on left pivot ½ turn right (weight on right)

BUMP HIPS LEFT, BUMP HIPS RIGHT; BUMP HIPS ¼ TURN LEFT, BUMP HIPS RIGHT; BUMP HIPS LEFT, BUMP HIPS RIGHT; BUMP HIPS ¼ TURN LEFT, BUMP HIPS RIGHT

17&18 Bump hips to the left, bump hips to the right
19&20 Making ¼ turn right, bump hips to the left, bump hips to the right
21&22 Bump hips to the left, bump hips to the right
23&24 Making ¼ turn right, bump hips to the left, bump hips to the right (weight on right)

ROCKING CHAIR ON LEFT; LEFT HEEL & CROSS; AND RIGHT HEEL & TOUCH

25-26 Rock forward on left, recover weight on right
27-28 Rock back on left, recover weight on right
29&30 Present left heel forward, take weight on left & cross right over left
&31&32 Take weight on left & present right heel forward, take weight on right, touch left by right

REPEAT
