

Rock On

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Stella Cabeza (USA)
音乐: Wrong Night - Reba McEntire



RIGHT HEEL HOOK, SHUFFLE, STOMP, CLAP, SAILOR STEP

- 1 Touch right heel forward
- 2 Hook right in front of left
- 3&4 Shuffle forward right, left, right
- 5-6 Stomp left forward to left at 45 angle, clap
- 7&8 Step right foot behind left, step left side left, step right to right

LEFT HEEL HOOK, SHUFFLE, STOMP, CLAP, SAILOR STEP

- 1 Touch left heel forward
- 2 Hook left in front of right
- 3&4 Shuffle forward left, right, left
- 5-6 Stomp right forward to right at 45 angle, clap
- 7&8 Step left foot behind right, step right side right, step left to left

STEP RIGHT PIVOT ¼ TURN LEFT, STEP RIGHT PIVOT ½ TURN LEFT, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, STOMP, STOMP

- 1-2 Step forward on right, pivot ¼ turn left, while circling hips to the left
- 3-4 Step forward on right, pivot ½ turn left, while circling hips to the left
- 5&6 Shuffle forward right, left, right, stomp forward left
- 7-8 Stomp right together weight on left

TOE OUT, HEEL OUT, HEEL IN, TOE IN

- 1-2-3-4 Swivel right toe right, right heel right; swivel right heel. Left, swivel right toe in
- 5-6-7-8 Swivel left toe left, left heel left; swivel right heel. Right, swivel left toe in

RIGHT SHUFFLE FORWARD, PIVOT ½ TO THE RIGHT, TOE HEEL, TOE HEEL

- 1&2-3-4 Shuffle right (right, left, right), step forward left, pivot ½ turn right (weight on right)
- 5-8 Step left, toe forward drop left heel down, step right, toe forward, drop heel down

LEFT SHUFFLE FORWARD, PIVOT ½ TO THE LEFT, TOE HEEL, TOE HEEL

- 1&2-3-4 Shuffle forward left, right, left, step forward right, pivot ½ turn left (weight on left)
- 5-8 Step right toe forward, drop right heel down, step left toe forward, drop left toe down

REPEAT
