

Rock Shuffle Bounce

拍数: 32 墙数: 4 级数: Improver
编舞者: Louis James Sequeira (SG)
音乐: Let's Go - Wang Chung



BACK ROCK RIGHT, RECOVER, SIDE SHUFFLE TO LEFT, BACK ROCK LEFT, RECOVER, SIDE SHUFFLE TO RIGHT

1-2 Back rock on left with left cross behind right, recover on right
3&4 Side shuffle to left - step side left, close right beside left, step side left
5-6 Back rock on right with right cross behind left, recover on right
7&8 Side shuffle to right- step side right, close left beside right, step side right

ROCK-STEP FORWARD, RECOVER, SHUFFLE BACKWARD, ROCK-STEP BACKWARD, RECOVER, SHUFFLE FORWARD

1-2 Left - rock (step) forward while slightly lifting right foot off floor, right - lower foot back to floor (recover)
3&4 Step left backward, step right together with left, step left backward
5-6 Right - step (rock) backward while slightly lifting left foot off floor, left - lower foot back to floor (recover)
7&8 Step right forward, step left close to right, step right forward

SIDE ROCK, CROSS SHUFFLE

1-2 Rock left to left side, rock right in place
3&4 Cross step left over right, step right to right side, cross step left over right
5-6 Rock right to right side, rock left in place
7&8 Cross step right over left, step left to left side, cross step right over left

STEP LEFT, ½ RIGHT TURN FORWARD LEFT SHUFFLE, BOUNCE RIGHT HEEL THRICE MAKING A ¼ LEFT TURN

1-2 Step left to left, make a ½ right turn stepping right forward (facing back wall- 6:00)
3&4 Forward left shuffle- step left forward, step right close behind left, step left forward
5 Step right forward (with left slightly behind & beside right)
6-7-8 Bounce both heels thrice making a ¼ left turn (you will face second wall -3:00)

REPEAT
