

Rock The Boat

拍数: 87 墙数: 1 级数: Intermediate
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音乐: Rock the Boat - The Hues Corporation



HEEL GRIND ROCK STEP ("DERAILED"), COASTER STEP, HEEL GRIND ROCK STEP, COASTER STEP

1-2 Right heel grind rock step forward, step left in place (recover)
3&4 Right back, step left next to right, step right forward (coaster step)
5-6 Left heel grind rock step forward, step right in place (recover)
7&8 Step left back, step right next to left, step left forward

RIGHT KICK BALL CHANGE, STEP FORWARD, CLAP TWICE ("JUST FOR GRINS"), LEFT KICK BALL CHANGE, STEP FORWARD, CLAP TWICE

1&2 Kick right forward, rock right back with ball of foot, step left in place
3&4 Step right forward, hold & clap hands twice
5&6 Kick left forward, rock left back with ball of foot, step right in place
7&8 Step left forward, hold & clap hands twice

ROCK THE BOAT - FORWARD ROCK, SIDE ROCK, BACK ROCK, KICK BALL CHANGE ("YES")

1-2 Rock right forward, step left in place
3-4 Rock right to right side, step left in place
5-6 Rock right back, step left in place
7&8 Kick right forward, rock right back w/ ball of foot, step left in place

OFF TO SEE THE WIZARD - STEP, CROSS, STEP, STEP, CROSS, STEP

1 Step right forward
2& Cross left behind right, step right to right side
3 Step left forward
4& Cross right behind left, step left to left side

("DIZZY") - ROCK FORWARD, 1 & ½ TRAVELING PIVOT TURNS RIGHT, RIGHT SHUFFLE FORWARD, ½ TURN RIGHT, LEFT SHUFFLE FORWARD, ½ LEFT

5-6 Rock right forward, step left in place (recover) & turn ½ right
7-8 Step right forward & turn ½ right, step left back & turn ½ right
You may also just walk, walk instead of turning. End facing 6:00 wall (back wall)

1&2 Right shuffle forward right, left, right
3-4 Step left forward & turn ½ right, step right in place
5&6 Left shuffle forward - left, right, left
7-8 Step right forward & turn ½ left, step left in place

Now facing back wall (6:00)

("JOSE CUERVO") X 3 - CROSS, SIDE, SAILOR SHUFFLE

1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step left to left side, step right in place (sailor shuffle)
5-6 Cross left over right, step right to right side
7&8 Cross left behind right, step right to right side, step left in place (sailor shuffle)
1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step left to left side, step right in place (sailor shuffle)

STEP FORWARD, RONDE' (SWEEP) & TURN, TOGETHER ("LIVING ON A PRAYER"), SIDE MAMBO ROCK

- 5-6 Step left forward, rondé (sweep) right around as you turn $\frac{1}{4}$ left bringing right next to left
Because your body is angled slightly to the right corner after the sailor shuffle technically the amount of turn is $\frac{3}{8}$. I have said $\frac{1}{4}$ for ease of teaching. You should end up facing the side wall square on.
7&8 Rock left to left side, step right in place, step left next to right (together)

("NOW OR NEVER") - ROCK FORWARD, IN PLACE, CHA-CHA-CHA IN PLACE (CUBAN MOTION), ROCK LEFT FORWARD, CHA-CHA LOCK TRAVELING BACK

- 1-2 Rock right forward, step left in place
3&4 Rock right forward, step left in place, step right in place
5-6 Rock left forward, step right in place
7&8 Step left back, cross right over left, step left back

("BACKSTREET ATTITUDE") - KICK BALL TOUCH, TOUCH TOUCH TOUCH TURNING $\frac{1}{2}$ LEFT, CROSSING TRIPLE BACK, SCUFF HITCH, PRESS W BALL OF FOOT

- 1&2 Kick right forward, step right next to left, touch left next to right
3&4 With weight on right foot turn $\frac{1}{2}$ left as you touch left next to right, touch left forward slightly, touch left heel forward
5&6 Cross left over right, step right back, step left back & to the side slightly
7&8 Scuff right forward, hitch right, press ball of right forward (pressure, but not your full weight)

HIP BUMPS RIGHT, LEFT, RIGHT THEN LEFT, RIGHT, LEFT, SIDE TOGETHER SIDE TOUCH TO RIGHT, SIDE TOGETHER SIDE, TOUCH TO LEFT ("MAKING WAVES")

- 1&2 Move hips right, left, right (feet stay apart)
3&4 Move hips left, right, left (feet stay apart)
5-8 Step right side, step left next to right, step right to right side, touch left next to right
1-4 Step left to left side, step right next to left, step left to left side, touch right next to left

While doing the side together sides, use your arms like making waves or doing the "hula" first to the right then to the left

SIDE, TOUCH, SIDE, TOUCH, PEEL OFF TURNING $\frac{1}{4}$ RIGHT, SLOWLY RAISE BOTH ARMS, SLOWLY LOWER BOTH ARMS

- 1-2 Step right to right side, touch left next to right
3-4 Step left to left side, touch right next to left

While doing the above 4 counts, both arms are just above chest level, palms out "waxing" to the right, then left

- 5-6-7 Turn $\frac{1}{4}$ right as you step right forward, step left next to right, hold

As you turn to the right on count "5" you will raise right arm over head and circle to right, immediately followed by the left arm on count "6". Both arms will end up down at your sides on count "7"

This section only goes up to count 7 the first 3 repetitions. The final repetition it is 4 counts, in which case you will just "hold" with your arms down at your sides the extra 1 count

- 1-4 Hold and raise both arms up over your head
5-8 Hold and lower both arms down at your sides

REPEAT
