

Rock The Boat

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Levi J. Hubbard (USA)
音乐: Rock the Boat - Chris Cagle



HEEL TAP, CROSS HOOK, (2)HEEL TAPS, TOE, HEEL, TOE, STOMP

- 1-2 Tap right heel forward, cross hook right in front of left leg just below knee
- 3-4 Tap right heel forward, tap right heel forward
- 5-6 Tap right toe backward, tap right heel forward
- 7-8 Tap right toe backward, stomp next to left
- 9-16 Repeat above counts 1-8 starting with left foot

Variation: on counts 7 and 8 stomp right foot in place twice, and on 15 and 16 stomp left foot in place. I have found that this is easier for some dancers

VINE (LEFT), HEEL SWITCHES

- 17-18 Step left to side, step right behind left
- 19-20 Step left to side, stomp right next to left
- 21-22 Tap left heel forward, bringing left heel back in place tap right heel forward
- 23-24 Bringing right heel back in place tap left heel forward, bringing left heel back in place tap right heel forward

VINE (RIGHT) WITH $\frac{3}{4}$ TURN (RIGHT), TWO STEPS BACKWARD, SHUFFLE BACKWARD

- 25-26 Step right to side, step left behind right
- 27-28 Pre-step right into $\frac{1}{4}$ turn right, scuff left next to right turning $\frac{1}{2}$ turn right by pivoting on (ball of) right foot
- 29-30 Step left backward, step right backward
- 31&32 Step left backward, step right backward, step left backward

ROCK-RECOVER, STOMP, STOMP, VINE (LEFT)

- 33-34 Step (rock) back on right while slightly lifting left off floor, lower left back to floor
- 35-36 Stomp right next to left, stomp right in place (quickly taking weight)
- 37-38 Step left to side, step right behind left
- 39-40 Step left to side, stomp right next to left (no weight)

VINE (RIGHT), STEP, SCUFF, STEP, SCUFF

- 41-42 Step right to side, step left behind right
- 43-44 Step right to side, stomp left next to right (no weight)
- 45-46 Step left forward, scuff right forward
- 47-48 Step right forward, scuff left forward

STEP, SCUFF, TWO STEPS FORWARD, HEEL TAP, TOE TAP, STOMP, STOMP

- 49-50 Step left forward, scuff right forward
- 51-52 Step right forward, step left forward
- 53-54 Tap right heel forward, tap right heel backward
- 55-56 Stomp right in place, stomp right in place (quickly taking weight)

HEEL TAP, TOE TAP, STOMP, STOMP, JUMPING JACK, $\frac{1}{2}$ PIVOT TURN (LEFT), STOMP

- 57-58 Tap left heel forward, tap left toe backward
- 59-60 Stomp left in place, stomp left in place
- 61-62 Jump feet apart landing shoulder-width apart, jump crossing right over left
- 63-64 Unwind by pivoting $\frac{1}{2}$ turn left on (balls of) feet, stomp right in place (no weight) or hold for 1 count

REPEAT
