

Rocka Hula

COPPER KNOB
STEPPERS

拍数: 80 墙数: 4 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK)
音乐: Rock A Hula Baby - The Deans



INTRO

FORWARD ROCKS, SIDE ROCKS, SLOW COASTER STEPS WITH HOLDS (LEFT & RIGHT)

- 1-4 Rock forward on left, rock back on right, rock left to left side, recover weight on right
- 5-8 Step back on left, step right beside left, step forward on left, hold
- 9-12 Rock forward on right, rock back on left, rock right to right side, recover weight on left
- 13-16 Step back on right, step left beside right, step forward on right, hold

STEP, PIVOT ½ TURN RIGHT, STEP, HOLD, STEP, PIVOT ½ TURN LEFT, HOLD, LOCK STEP FORWARD, SCUFF (LEFT & RIGHT)

- 1-4 Step forward on left, pivot ½ turn right, step forward on left, hold
- 5-8 Step forward on right, pivot ½ turn left, step forward on right, hold
- 9-12 Step forward on left, lock right behind left, step forward on left, scuff right forward
- 13-16 Step forward on right, lock left behind right, step forward on right, scuff left forward

FORWARD ROCK, STEP BACK, HOLD, SLOW SHUFFLE ½ TURN RIGHT WITH HOLD TWICE, SLOW RIGHT COASTER CROSS, HOLD

- 1-4 Rock forward on left, rock back on right, step back on left, hold
- 5-8 Right shuffle back turning ½ turn right stepping right, left, right, hold
- 9-12 Left shuffle forward turning ½ turn right stepping left, right, left, hold
- 13-16 Step back on right, step left beside right, cross step right over left, hold

SIDE TOE STRUT, CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD (LEFT & RIGHT)

- 1-2 Step left toe to left side, drop left heel to floor
- 3-4 Cross step right toe over left, drop right heel to floor
- 5-8 Rock left to left side, recover weight on right, cross step left over right, hold
- 9-10 Step right toe to right side, drop right heel to floor
- 11-12 Cross step left toe over right, drop left heel to floor
- 13-16 Rock right to right side, recover weight on left, cross step right over left, hold

End of introduction

THE MAIN DANCE

LEFT SIDE, TOGETHER, FORWARD, HOLD, FORWARD ROCK, HALF TURN RIGHT, HOLD

- 1-4 Step left to left side, close right beside left, step forward on left, hold
- 5-6 Rock forward on right, rock back on left
- 7-8 Turn ½ turn right stepping forward on right, hold, (facing 6:00)

LEFT SIDE, TOGETHER, FORWARD, HOLD, FORWARD ROCK, HALF TURN RIGHT, HOLD

- 1-4 Step left to left side, close right beside left, step forward on left, hold
- 5-6 Rock forward on right, rock back on left
- 7-8 Turn ½ turn right stepping forward on right, hold, (facing 12:00)

LEFT LOCK STEP FORWARD, HOLD, HIP BUMPS X 4

- 1-4 Step forward on left, lock right behind left, step forward on left, hold
- 5-8 Touch right toe forward bumping hips right, left, right, left, (weight on left)

SLOW RIGHT COASTER STEP, HOLD, FORWARD ROCK, QUARTER TURN LEFT, HOLD

- 1-4 Step back on right, step left beside right, step forward on right, hold

- 5-6 Rock forward on left, rock back on right
7-8 Turn ¼ turn left stepping left to left side, hold, (facing 9:00)

WEAVE LEFT, HOLD, SWEEP BEHIND, SIDE, CROSS, HOLD

- 1-4 Cross step right over left, step left to left side, cross right behind left, hold
5-6 Sweep left out and around crossing behind right, step right to right side
7-8 Cross step left over right, hold

RIGHT SCISSORS, HOLD AND CLAP, LEFT SCISSORS, HOLD AND CLAP

- 1-2 Step right to right side, close left beside right and slightly back
3-4 Cross step right over left, hold and clap
5-6 Step left to left side, close right beside left and slightly back
7-8 Cross step left over right, hold and clap

RIGHT SIDE, TOGETHER, BACK, HOLD, SLOW LEFT SHUFFLE HALF TURN LEFT, HOLD

- 1-4 Step right to right side, close left beside right, step back on right, hold
5-8 Slow left shuffle back turning ½ turn left stepping left, right, left, hold, (facing 3:00)

FORWARD ROCK, POINT, HOLD, BEHIND, SIDE, CROSS, HOLD

- 1-4 Rock forward on right, rock back on left, point right toe out to right side, hold
5-8 Cross right behind left, step left to left side, cross step right over left, hold

LEFT SIDE TOE STRUT, RIGHT CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD

- 1-2 Step left toe to left side, drop left heel to floor
3-4 Cross step right toe over left, drop right heel to floor
5-8 Rock left to left side, recover weight on right, cross step left over right, hold

RIGHT SIDE TOE STRUT, LEFT CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD

- 1-2 Step right toe to right side, drop right heel to floor
3-4 Cross step left toe over right, drop left heel to floor
5-8 Rock right to right side, recover weight on left, cross step right over left, hold

REPEAT

For an easier version of this dance, see my script for "Don't Forget"

ENDING

The music slows way down during wall 6 of main dance (facing 3:00). Dance to count 32 (you will then be facing 12:00 wall). Hold position (weight is on left) then on the word "rockin", proceed as follows:

FORWARD ROCK, COASTER STEP (RIGHT & LEFT), STEP, PIVOT ½ TURN LEFT TWICE, FORWARD ROCK, BACK, HOLD

- 1-2 Rock forward on right, rock back on left
3&4 Step back on right, step left beside right, step forward on right
5-8 Repeat above counts 1 - 4 on opposite foot
9-12 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left
13-14 Rock forward on right, rock back on left
15-16 Step back on right, hold position and pose, arms spread out !!!!! (facing 12:00)
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