

Rockin'

拍数: 64 墙数: 2 级数:
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音乐: Wild One - BR5-49



- 1-2 Right heel forward for a heel touch, right knee up for a hitch
3-4 Right heel forward for a heel touch, right knee up for a hitch
5-6 Right foot step back, left foot step next to right
7-8 Right foot step forward, hold
- 9-10 Left heel forward for a heel touch, left knee up for a hitch
11-12 Left heel forward for a heel touch, left knee up for a hitch
13-14 Left foot step back, right foot step next to left
15-16 Left foot step forward, hold
- 17-18 Step right foot to left crossing in front of left foot, step left foot back
19-20 Step right foot to right of left foot (shoulder width), hold
21-22 Step left foot to right crossing in front of right foot, step right foot back
23-24 Step left foot to left of right foot (shoulder width), hold
- 25-26 Step right foot to right side, step left foot to right, crossing behind right foot
27-28 Step right foot to right with $\frac{1}{4}$ turn left, touch left toe forward
29-30 Step left foot to left side, step right foot to left, crossing behind left foot
31-32 Step left foot to left with $\frac{1}{4}$ turn left, touch right toe forward
- 33-34 Step right foot to right side, step left foot to right, crossing behind right foot
35-36 Step right foot to right with $\frac{1}{4}$ turn left, touch left toe forward
37-38 Step left foot to left side, step right foot to left, crossing behind left foot
39-40 Step left foot to left with $\frac{1}{4}$ turn left, step right foot next to left foot with weight on both feet
- On counts 25-40 you made a box, alternating facing inward and outward**
- 41-42 Heel splits apart, bring heels together
43-44 Heel splits apart, bring heels together
45-46 Touch right heel forward, step right foot next to left
47-48 Touch left heel forward, step left foot next to right
- 49-50 Heel splits apart, bring heels together
51-52 Heel splits apart, bring heels together
53-54 Kick right heel forward, step down on right foot forward as you start a $\frac{1}{2}$ turn to the left
55-56 Kick left foot forward as you finish the turn, bring left foot next to right shifting weight to left foot
- 57-58 Step right toe to right side as you turn $\frac{1}{8}$ turn to the right, bring heel down
59-60 Cross left foot over right for a toe touch, bring left heel down
61-62 Step to right on right toe, bring right heel down
63-64 Bring left foot next to right as you turn back to original position for a toe touch, then bring heel down and shift weight to left

REPEAT

You can snap your fingers or clap your hands on each of the holds in the first 24 counts.

