

Rockin'

拍数: 32 墙数: 2 级数:
编舞者: Cherine Stiller (AUS)
音乐: Old Time Rock & Roll - Bob Seger



-
- 1-2 Touch right toe to right side, touch right toe next to left
3-4 Touch right heel forward at 45 degrees, step right next to left
5-6 Touch left toe to left side, touch left toe next to right
7-8 Touch left heel forward at 45 degrees, step left next to right
- 1-2 Rock/step right forward, rock back onto left
3-4 Rock/step right back, rock forward onto left
5-6 Step right forward, pivot turn ½ turn left
7-8 Step right forward, pivot ½ turn left
- 1-2 Step right to right side, step left next to right
3-4 Step right to right side, step left next to right
5-6 Bend right knee in front of left knee raising right heel, hold
7-8 Step onto right heel & bend left knee in front of right knee raising left heel, hold
- 1-2 Step left to left side, step right across behind left
3-4 Turn ½ turn left & step left forward, scuff right forward
5-6 Rock/step right forward, rock back onto left
7-8 Step right forward, step left forward

REPEAT
