

Rock'n U All

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Joe Lozano (USA)
音乐: Rocking The Country - Clinton Gregory



SUGARFOOT

- 1 Cross left over right
 - 2 Touch ball of right side (in), swiveling on ball of left foot and twisting body to right
 - 3 Almost touch right heel to right side (out), twisting body to left
 - 4 Touch ball of right side (in), swiveling on ball of left foot and twisting body to center
 - 5 Cross right over left
 - 6 Touch ball of left side, swiveling on ball of right foot and twisting body to left
 - 7 Almost touch left heel to left side, twisting body to right
 - 8 Touch ball of left side, swiveling on ball of right foot and twisting body to center
- 9-16 Repeat 1-8

CROSS CAMEL BACK, POINT TURN POINT

- 1 Cross left over right, bending body forward
- 2 Step back on right, body straight (unbend)
- 3 Slide left back to toe of right foot (lock step), bending body forward
- 4 Step back on right, body straight (unbend)
- 5 Step left next to right
- 6 Right foot point to right
- 7 Turn right $\frac{1}{2}$, keeping weight on left foot, bringing right foot next to left
- 8 Point left to left

MAKE LIKE A PENDULUM

- &1-2 Touch right toe right side, hold
- &3-4 Touch left toe left side, hold
- &5 Left next to right while extending right to right side
- &6 Right next to left while extending left to left side
- &7 Left next to right, while extending right to right side
- &8 Right next to left while extending left to left side

REPEAT

To use "John Roland Wood", ending after pause in music, put hands in prayer position on fall to knees. Look left, right and upward for Jesus.