

Rocky Top

拍数: 80 墙数: 1 级数:
编舞者: Unknown
音乐: Orange Blossom Special - Charlie Daniels



This was originally a Clogging Dance. It was adapted for Line Dancing by Jeannie Woolman. Also see "The Clog" by Rob Fowler.

WALKS AND STOMPS

- 1 Step left foot forward
- 2 Step right foot forward
- 3 Step left foot forward
- 4 Stomp right foot next to left foot (weight on left foot)
- 5 Step right foot back
- 6 Step left foot back
- 7 Step right foot back
- 8 Stomp left foot next to right foot (weight on right foot)
- 9 Step left foot forward
- 10 Step right foot forward
- 11 Step left foot forward
- 12 Stomp right foot next to left foot (weight on left foot)
- 13 Step right foot back
- 14 Step left foot back
- 15 Step right foot back
- 16 Stomp left foot next to right foot (weight on right foot)

TRIPLES IN PLACE

- 17 Step left foot in place
- & Quickly step right foot next to left foot
- 18 Step left foot in place
- 19 Step right foot in place
- & Quickly step left foot next to right foot
- 20 Step right foot in place
- 21 Step left foot in place
- & Quickly step right foot next to left foot
- 22 Step left foot in place
- 23 Step right foot in place
- & Quickly step left foot next to right foot
- 24 Step right foot in place (weight on right foot)

HOP KICKS

- 25 Hop or jump onto left leg
- 26 Kick right leg forward
- 27 Hop or jump onto right leg
- 28 Kick left leg forward
- 29 Hop or jump onto left leg
- 30 Kick right leg forward
- 31 Hop or jump onto right leg
- 32 Kick left leg forward

TRIPLES IN PLACE

33 Step left foot in place
 & Quickly step right foot next to left foot
 34 Step left foot in place
 35 Step right foot in place
 & Quickly step left foot next to right foot
 36 Step right foot in place
 37 Step left foot in place
 & Quickly step right foot next to left foot
 38 Step left foot in place
 39 Step right foot in place
 & Quickly step left foot next to right foot
 40 Step right foot in place (weight on right foot)

HIP BUMPS

41-44 Step left foot down slightly apart from right foot turning body slightly to right pushing or bumping hips to your left 4 times
 45-48 Shift weight to right leg turning slightly left pushing or bumping hips to your right 4 times
 49-52 Shift weight to left leg turning slightly right pushing or bumping hips to your left 4 times
 53-56 Shift weight to right leg turning slightly left pushing or bumping hips to your right 4 times

TRIPLES IN PLACE

57 Step left foot in place
 & Quickly step right foot next to left foot
 58 Step left foot in place
 59 Step right foot in place
 & Quickly step left foot next to right foot
 60 Step right foot in place
 61 Step left foot in place
 & Quickly step right foot next to left foot
 62 Step left foot in place
 63 Step right foot in place
 & Quickly step left foot next to right foot
 64 Step right foot in place (weight on right foot)

STEP KICK TURNS

Think of it as a charleston step with a turn

65 Step left foot forward
 66 Kick right leg
 67 Step right foot back turning ¼ left
 68 Touch left foot back
 69 Step left foot forward
 70 Kick right leg
 71 Step right foot back turning ¼ left
 72 Touch left foot back
 73 Step left foot forward
 74 Kick right leg
 75 Step right foot back turning ¼ left
 76 Touch left foot back
 77 Step left foot forward
 78 Kick right leg
 79 Step right foot back turning ¼ left
 80 Touch left foot back

REPEAT

