

Roll "Ann" Rock

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ann Napier (NZ)
音乐: Poor Me - Joe Diffie



¼ PIVOT TURN, CROSS SHUFFLE, SIDE CROSS ROCKS (ANGLED)

- 1-2 Step forward on right foot, pivot ¼ turn left
- 3&4 Cross right over left, slide left beside right, step left on right foot
- 5&6 Rock left out to left side, step right foot in place, cross left over right
- 7&8 Rock right foot out to right side, step left foot in place, cross right over left

When you cross left over right on count 6, angle body to right diagonal. When you cross right over left on count 8, angle body to left diagonal

¼ TURN, ½ TURN, SHUFFLE FORWARD, KICK BALL BACK & BACK & STEP

- 1-2 As you step left foot out to left side turn ¼ turn right (weight on left), turn ½ turn over right shoulder stepping forward on right foot
- 3&4 Shuffle forward left, right, left
- 5&6 Kick right foot forward, spring onto ball of right foot, step back on left
- &7 Step right foot next to left, step back on left foot
- &8 Step right foot next to left, step left foot in place

OUT, OUT, IN, IN, HEEL JACKS RIGHT THEN LEFT, ¼ PIVOT TURN

- &1 Step small step to right on right foot, step small step left on left foot
- &2 Step right foot back to center, step left foot back to center
- &3&4 Step back on right foot, touch left heel forward, step left in place, step right in place (taking weight on right)
- &5&6 Step back on left foot, touch right heel forward, step right in place, step left in place
- 7-8 Step forward on right foot, pivot ¼ turn to left

CROSS ROCK, ½ TURN, ½ TURN, FORWARD SHUFFLES

- 1-2 Cross right over left rocking onto right foot, step back on left foot
- 3-4 ½ turn over right shoulder stepping forward on right foot, ½ turn over right shoulder stepping back on left foot
- 5&6 Shuffle forward right, left, right
- 7&8 Shuffle forward on left, right, left

REPEAT
