She Wants To Rock (But I Got To Roll)



拍数: 48 墙数: 4 级数: Intermediate

编舞者: Tonya Coon Moore (USA)

音乐: She Wants to Rock - The Warren Brothers



When using "She Wants To Rock," start dance on vocals and repeat first 16 counts of the dance between the first and second sets

RIGHT SIDE SHUFFLE, ROCK BACK, RECOVER, LEFT SIDE SHUFFLE, ROCK BACK, RECOVER

1&2 Step right foot to right, slide left foot next to right foot, step right foot to right

3-4 Rock back on left foot, rock forward on right foot

5&6 Step left foot to left, slide right foot next to left foot, step left foot to left

7-8 Rock back on right foot, rock forward on left foot

VINE RIGHT WITH HEEL TAP, VINE LEFT WITH HEEL TAP

1-2 Step right foot to right, cross-step left foot behind right foot

3-4 Step right foot to right, tap left heel forward

5-6 Step left foot to left, cross-step right foot behind left foot

7-8 Step left foot to left, tap right heel forward

Styling note for counts 4 and 8: optionally, you can add finger snaps or hand claps

SIDE TOUCH, HITCH & KNEE SLAP, SIDE TOUCH, STEP, REVERSE MONTEREY TURN

1-2 Touch right foot to right, lift right knee across left leg and slap right knee with left hand

3-4 Touch right foot to right, step right foot next to left foot

5-6 Touch left foot to left, pivot ½ to left on ball of right foot and step left foot next to right foot

7-8 Touch right foot to right, step right foot next to left foot

HEEL & TOE TOUCHES, DOUBLE KICK, TOUCH BACK, 1/4 LEFT

1-2 Touch left heel forward, hold
3-4 Touch left toe back, hold
5-6 Kick left foot forward twice

7-8 Touch left toe back, pivot ½ to left and transfer weight to left foot

RIGHT JUMP/STEP, SLIDE TOGETHER (BACK, THEN FORWARD)

1 Push off with left foot and jump/step right foot big step back

2-4 Slide left foot back until next to right foot (3 counts) taking weight on left foot on (4)

5 Push off with left foot and jump/step right foot big step forward

6-8 Slide left foot forward until next to right foot (3 counts) taking weight on left foot on (8)

HIP SHAKES, BODY ROLL

1-4 Twist or shake hips (rock and do your own thing!)

5-8 Do a 4-count body roll (your style)

REPEAT