

10 O'clock Rock

拍数: 64 墙数: 2 级数: Intermediate/Advanced
编舞者: Alan Birchall (UK)
音乐: Don't Let Go - Hal Ketchum



KICK, KICK, ¼ SAILOR TURN RIGHT, STEP LOCKS FORWARD

- 1& Kick right foot forward across left leg, swing right by left
2& Kick right to right diagonal, swing right by left
3&4 Cross right behind left making a ¼ turn to right, step left in place, step right by left (facing 3:00)
5&6 Step forward on left, lock right behind left, step forward on left
7&8 Step forward on right, lock left behind right, step forward on right

Option: lock steps can be replaced with shuffles

KICK, KICK, ½ SAILOR TURN LEFT, STEP LOCK FORWARD, LEFT FORWARD MAMBO

- 9& Kick left foot forward across right leg, swing left by right
10& Kick left to left diagonal, swing left by right
11&12 Cross left behind right making a ½ turn to left, step right in place, step left by right (facing 9:00)
13&14 Step forward on right, lock left behind right, step forward on right
15&16 Rock forward on left, recover on right, step left by right

Option: lock step can be replaced with shuffles

RIGHT & LEFT SWIVETS, VINE RIGHT, TRAVELING DWIGHTS TO LEFT

- 17& On ball of left and heel of right pivot right, return to place
18& On ball of right and heel of left pivot left, return to place
19& Step right to right, cross left behind right
20 Step right to right
21 Pivot right heel to left, touch left toe by right
& Pivot right toe to left, touch left heel by right
22 Pivot right heel to left, touch left toe by right
& Pivot right toe to left, touch left heel by right
23 Pivot right heel to left, touch left toe by right
& Pivot right toe to left, touch left heel by right
24 Pivot right heel to left, touch left toe by right

Alternative to traveling Dwight's - traveling toe heel swivels

LEFT & RIGHT ROCK & CROSS, LEFT COASTER STEP, STEP

- 25&26 Rock left to left, recover on right, cross left over right
27&28 Rock right to right, recover on left, cross right over left
29&30 Step back on left, step right by left, step forward on left
31-32 Step forward on right, step forward on left

This section goes with the style of the music

¼ PIVOT, POINT, HOLD, TOE SWITCHES, HOLD, 'TWIST' ¼ TURN LEFT

- 33-34 Making ¼ turn to left point right to right, hold (no music - weight on left & facing 6:00)
35& Step right by left, point left toe to left
36& Step left by right, point right toe to right
37 Hold (no music)
&38& On balls of both feet twist heels right left while turning ¼ turn left
39&40& On balls of both feet twist heels right & left while turning ¼ turn left and bring left foot beside right & transferring weight to right foot (facing 9:00)

POINT, HOLD, TOE SWITCHES, HOLD, 'TWIST' ¼ TURN LEFT

- 41-42 Point left toe to left, hold (no music)
43& Step left by right, point right toe to right
44& Step right by left, point left toe to left
45 Hold (no music)
&46& On balls of both feet twist heels right & left while turning ¼ turn left
47&48& On balls of both feet twist heels right & left while turning ¼ turn left and bring left foot beside right (facing 12:00 - home wall)

HOLD, JUMP APART, JUMP ACROSS TWICE, UNWIND, HOLD

- 49 Hold
50-51 Jump both feet apart, jump both feet together with feet crossed (left over right)
52-53 Jump both feet apart, jump both feet together with feet crossed (right over left)

Alternative to jumps

- 50-53 Point left to left, step left by right, point right to right, cross right over left
54 Hold
55-56 Unwind ½ turn left, hold (no music, facing 6:00)

CHARLESTONS

- 57-58 Touch right toe forward, step back on right
59-60 Touch left toe back, step forward on left
61-62 Touch right toe forward, step back on right
63-64 Touch left toe back, step forward on left

REPEAT

When dancing to the Hal Ketchum version, do the following extras

TAG

This is danced twice - both times you will be facing 9:00. The music has an obvious change in the instrumental break. The first time you will be on the third wall and will have completed steps 27&28 (rock & cross). The second time you will be on the fifth wall and will have completed steps 23& 24 (traveling Dwights)

STEP, SLIDE, HIP BUMPS, ¼ TURN LOCK STEP, LOCK STEP

- 1-2 Big step to left on left, slide right to meet left (no weight)
&3&4& Bump hips right and left while moving up & down
5&6 Step right to right making ¼ turn right, lock left behind right, step right to right (facing 12:00)
7&8 Step forward on left, lock right behind left, step forward on left

STEP ½ PIVOT, FULL TURN, CHARLESTON STEP

- 9-10 Step forward on right, make ½ pivot left (facing 6:00)
11-12 Make ½ pivot left while stepping forward on right, make ½ pivot left while stepping back on left

Facing 6:00. Alternative: walk forward left, right

- 13-14 Touch right toe forward, step back on right
15-16 Touch left toe back, step forward on left

ENDING:

You will have completed the first 8 counts and be facing 9:00. To finish facing the front wall, take a large step forward on left while making a ¼ turn right, sliding right slightly up to left. You will end with your feet apart, arms 'splayed' down out to sides in line with your legs

When dancing to the Chris Owen version, do the following extras

RESTARTS

There are two restarts in this version and both appear in the instrumental section used for wall three

1ST RESTART

You will be facing 9:00 and will have danced the dance right through to step 32. At this point start the dance from the beginning. The instrumental section changes here to a more 'rockier' feel

2ND RESTART

You will be facing 6:00 and will have danced the dance through to step 25&26 (rock left, recover, cross). Replace steps 27&28 with a right kick ball change (kick right forward, step right in place, step left in place) then start the dance from the beginning

ENDING

You will be on 5th repetition of the dance and will have completed steps 53&54 facing 12:00. Simply replace steps 55-56 with a full turn so you are back facing 12:00. Complete the dance to step 64 then add a diagonal kick with the right across left splaying arms upward sweeping right round beside left.
