

10 Rocks

拍数: 64 墙数: 2 级数: Improver
编舞者: Lisa B. Martin
音乐: 10 Rocks - Shelby Lynne



TOE STRUTS, SIDE TOGETHER SIDE, KICK

1-2 Step forward on right toes, put heel down
3-4 Step forward on left toes, put heel down
5-6 Step right to right side, step left next to right
7-8 Step right to right side, kick left forward

CROSS BACK SIDE, CROSS BACK SIDE, PIGEON TOES

1-2 Cross left over right, step right back
3-4 Step left to left side, cross right over left
5-6 Step back left, step right to right side
7-8 Pigeon toes in, out

WALKS X4, STEP ¼ PIVOT, STEP ¼ PIVOT

1-2 Step forward on right, step forward left
3-4 Step forward on right, step forward left
5-6 Step forward right, pivot ¼ left
7-8 Step forward right, pivot ¼ left

CROSS STRUT, SIDE STRUT, ROCK STEP, STEP BACK SCUFF

1-2 Cross right over left strut
3-4 Step left to left side strut
5-6 Rock forward on right, recover on left
7-8 Step back on right, scuff left

LOCK STEP FORWARD, LOCK STEP FORWARD, JAZZ BOX CROSS

1&2 Step forward on left, step right behind left, step forward left
3&4 Step forward on right, step left behind right, step forward on right
5-6 Cross left over right, step back right
7-8 Step left to left side, cross right over left

SIDE SHUFFLE, ROCK BACK ROCK RECOVER, SIDE SHUFFLE, ROCK BACK RECOVER

1&2 Step left to left side, step right next to left, step left to left side
3-4 Rock back on right, recover on left
5&6 Step right to right side, step left next to right, step right to right side
7-8 Rock back on left, recover on right

MONTEREYS

1-2 Point left to left side, make ½ left, step left beside right
3-4 Point right to right side, step right beside left
5-6 Point left to left side, make ½ left, step left beside right
7-8 Point right to right side, step right beside left

POINT FRONT, SIDE & SIDE & SIDE, & POINT FRONT, SIDE, SIDE & SIDE

1-2 Point left forward, point left to left side
&3&4 Step left beside right, point right to right side, step right beside left, point left to left side
&5-6 Step left next to right, point right forward, point right to right side

&7&8

Step right beside left, point left to left side, step left beside right, point right to right side

REPEAT
