

Jailhouse Rock

拍数: 64 墙数: 4 级数: Improver
编舞者: Robbie McGowan Hickie (UK)
音乐: Jailhouse Rock - Diamond Jack



FORWARD ROCK, STEP BACK, HOLD, LOCK STEP BACK, HOLD

1-4 Rock forward on right, rock back on left, step back on right, hold
5-8 Step back on left, lock right across left, step back on left, hold

FULL TURN RIGHT, HOLD, LOCK STEP FORWARD, HOLD

1-4 Make full turn right (on the spot) stepping, right, left, right, hold
5-8 Step forward on left, lock right behind left, step forward on left, hold

Counts 1-3 above can be replaced with a slow right coaster step

CROSS ROCK, SIDE STEP, HOLD, CROSS, STEP, CROSS, HOLD

1-4 Cross rock forward on right, rock back on left, step right to right side, hold
5-8 Cross left over right, step right to right side, cross left over right, hold

Counts 5-7 above; try using Cuban style hips

SIDE STEP, TOGETHER, CROSS, HOLD, SIDE STRUT, CROSS STRUT

1-4 Step right to right side, step left beside right, cross right over left, hold
5-8 Step left toe to left side, drop heel, cross right toe over left, drop heel

SIDE ROCK, ROCK ¼ TURN RIGHT, STEP FORWARD, HOLD, HIP BUMPS, HOLD

1-2 Rock left to left side, rock right in place turning ¼ turn right
3-4 Step forward on left, hold
5-8 Step right to right side bumping hips right, bump hips left, bump hips right, hold

BACK ROCK, SIDE STEP, HOLD, BEHIND, SIDE, CROSS, HOLD

1-4 Rock left back behind right, rock forward on right, step left to left side, hold
5-8 Cross right behind left, step left to left side, cross right over left, hold

SIDE STEP, TOGETHER, STEP FORWARD, HOLD,(LEFT & RIGHT)

1-4 Step left to left side, step right beside left, step forward on left, hold
5-8 Step right to right side, step left beside right, step forward on right, hold

FORWARD ROCK, ½ TURN LEFT, HOLD, PRISSY WALK FORWARD WITH HOLD & CLAP TWICE

1-4 Rock forward on left, rock back on right, step left forward ½ turn left, hold
5-6 Step right forward in front of left, hold and clap
7-8 Step left forward in front of right, hold and clap

Variation to counts 5-8 above; make two ½ turns left with holds

REPEAT