

Hot Rod Lincoln

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Alan Birchall (UK)
音乐: Hot Rod Lincoln - Pat Travers



INTRO A (INSTRUMENTAL)

ROCK, RECOVER, CROSS SHUFFLE, ROCK, RECOVER, BEHIND, SIDE, IN FRONT

1-2 Rock right to right, recover on left
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to left, recover on right
7&8 Cross left behind right, step right to right, cross left over right

STEP ½ PIVOT, STEP ½ PIVOT, FORWARD SHUFFLE TWICE

1-2 Step forward on right, ½ pivot left (facing 6:00)
3-4 Step forward on right, ½ pivot left (facing 12:00)
5&6 Step forward on right, step left by right, step forward on right
7&8 Step forward on left, step right by left, step forward on left

VERSES B

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

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

SIDE, BEHIND, HEEL JACK, SIDE, CROSS, SIDE ½ PIVOT, STEP, LEFT LOCK STEP

1-2 Step right to right, cross left behind right
&3 Step back on right diagonal, extend left heel forward
&4 Step left by right, cross right over left
5-6 Step left to left & make ½ pivot right on ball of left, step forward on right (facing 6:00)
7&8 Step forward on left, lock right, step forward on left

FORWARD MAMBO, BACK MAMBO, TOE, HEEL, CROSS (SUGAR FOOT), BACK LOCK STEP

1&2 Rock forward on right, recover on left, step right by left
3&4 Rock back on left, recover on right, step left by right
5&6 Tap right toe by left, tap right heel by left, cross right over left
7&8 Step back on left, lock right over left, step back on left

BACK LOCK STEP, ½ SHUFFLE TURN, STEP, ¼ PIVOT, CROSS SHUFFLE

1&2 Step back on right, lock left over right, step back on right
3&4 Make ½ shuffle turn left stepping left, right, left (facing 12:00)
5-6 Step forward on right, make ¼ pivot left (facing 3:00)
7&8 Cross right over left, step left to left, cross right over left

ROCK, RECOVER, BEHIND, SIDE, IN FRONT, STEP ½ PIVOT, STOMP TWICE

1-2 Rock left to left, recover on right
3&4 Cross left behind right, step right to right, cross left over right
5-6 Step forward on right, ½ pivot left (facing 9:00)
7-8 Stomp right by left, stomp left by right

ENDING C

Dance this after the 7th rotation. You should be facing 9:00 when starting this section

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

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

SIDE, BEHIND, HEEL JACK, SIDE, CROSS, SIDE ½ PIVOT, STEP, STOMP, CLAP

- 1-2 Step right to right, cross left behind right
&3 Step back on right diagonal, extend left heel forward
&4 Step left by right, cross right over left
5-6 Step left to left & make ½ pivot right on ball of left, step forward on right (facing 3:00)
7-8 Stomp forward on left, clap hands

STOMP, CLAP, STOMP, CLAP, CROSS UNWIND ¾, RIGHT SIDE SHUFFLE

- 1-2 Stomp forward on right, clap hands
3-4 Stomp forward on left, clap hands
5-6 Cross right over left, unwind ¾ turn left (facing 6:00)
7&8 Steps right to right, step left by right, step right to right

ROCK BACK, RECOVER, LEFT SIDE SHUFFLE, ROCK BACK, RECOVER SIDE, BEHIND

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

HEEL JACK, SIDE, CROSS, SIDE ½ PIVOT, STEP, RIGHT & LEFT LOCK STEPS

- &1 Step back on right diagonal, extend left heel forward
&2 Step left by right, cross right over left
3-4 Step left to left & make ½ pivot right on ball of left, step forward on left (facing 6:00)
5&6 Step forward on right, lock left, behind right, step forward on right
7&8 Step forward on left, lock right behind left, step forward on left

½ PIVOT TWICE, LEFT SAILOR STEP, RIGHT SAILOR STOMP!

- 1-2 Step forward on right, make ½ pivot left
3-4 Step forward on right, make ½ pivot left (weight stays on right)
5&6 Cross left behind right, step right to side, step left by right
7&8 Cross right behind left, step left to left, stomp forward on right (splaying arms)
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