

C Shell Rock

拍数: 32 墙数: 4 级数: Beginner
编舞者: Connie Shell (USA)
音乐: Mama Don't Get Dressed Up for Nothing - Brooks & Dunn



STOMP, IN, OUT, IN, OUT, STOMP, IN, OUT, IN, OUT

- 1 Stomp right foot slightly forward.
- 2 Right and left heels to the center.
- 3 Right and left heels out to the side
- & Right and left heels to the center.
- 4 Right and left heels out to the side, weight should be on the right foot.
- 5 Stomp left foot slightly forward.
- 6 Left and right heels to the center
- 7 Left and right heels out to the side
- & Left and right heels to the center.
- 8 Left and right heels out to the side, weight should be on the left foot.

KICK, KICK, RIGHT SHUFFLE BACK, KICK, KICK, LEFT SHUFFLE BACK

- 1 Kick right foot slightly forward
- 2 Kick right foot slightly forward
- 3&4 Right shuffle backward
- 5 Kick left foot slightly forward
- 6 Kick left foot slightly forward
- 7&8 Left shuffle backward

STEP RIGHT, STEP LEFT BEHIND, STEP RIGHT, STOMP LEFT, KICK, KICK, RIGHT TRIPLE STEP (¾) TURN TO THE RIGHT

- 1 Right foot step to the side
- 2 Left foot step behind
- 3 Right foot step to the side
- 4 Left foot stomp down next to right, weight on left.
- 5 Kick right foot slightly forward
- 6 Kick right foot slightly forward
- 7&8 Right triple step, making a ¾ turn to the right to face the new wall.

PUSH HIP LEFT RIGHT LEFT, RIGHT LEFT RIGHT, LEFT RIGHT LEFT, ROCK BACK RIGHT, ROCK FORWARD LEFT

- 1&2 Left foot step forward pushing left hip forward, then right hip back, then left hip forward, weight on left.
- 3&4 Right foot step forward pushing right hip forward, then left hip back, then right hip forward, weight on right foot.
- 5&6 Left foot step forward pushing left hip forward, then right hip back, then left hip forward, weight on left foot.
- 7 Right foot rock step back.
- 8 Left foot rock step forward.

REPEAT