

Rock With You

拍数: 32 墙数: 4 级数: Easy Intermediate (EC Swing)
编舞者: Michael Barr (USA)
音乐: Rock With You Now - The Bama Band : (CD: Takin' Off The Edge)



Intro:: 32 counts.

Alternative Music: Any East Coast Swing music you like will do just fine.

- 1 – 8 SHUFFLE RIGHT, ROCK STEP – SHUFFLE LEFT, ROCK STEP
1 & 2 Step R foot side right; Step L foot beside right; Step R foot side right
3 – 4 Step (rock) back on L foot; Return weight to R foot in place
5 & 6 Step L foot side left; Step R foot beside left; Step L foot side left
7 – 8 Step (rock) back on R foot; Return weight to L foot in place
- 9 – 16 SHUFFLE RIGHT 1/4 TURN LEFT, ROCK STEP – SHUFFLE 1/2 TURN RIGHT, ROCK STEP
1 & 2 Step R foot side right; Step L foot beside right; Turn ¼ left, stepping back on R foot
3 – 4 Step (rock) back on L foot; Return weight to R foot in place
5 & 6 Turn ¼ right stepping L foot side left; Step R foot beside left; Turn ¼ right stepping L foot back
7 – 8 Step (rock) back on R foot; Return weight to L foot in place

Note: On wall 5 there is a restart after you complete this set of 8 counts (see below).

- 17–24 STEP, HOLD, STEP, STEP HOLD – ROCK, RETURN, COASTER STEP
1 – 2 (1) Step R foot forward; (2) Hold
&3–4 (&) Step L foot next to right instep; (3) Step R foot forward; (4) Hold
5 – 6 Step (rock) L foot forward; Return weight to R foot in place
7 – 8 Step L foot back; Step R foot (back) next to left; Step L foot forward
- 25–32 TOUCH, TOUCH, SAILOR STEP – SYNCOPATED VINE RIGHT
1 – 2 Touch R forward; Touch R side right
3 & 4 Step ball of R behind left; Step L next to right; Step R side right and slightly forward on the right diagonal
5&6& Step L behind right; (&) Step R side right; Step (cross) L in front of right; (&) Step R side right
7 & 8 Step L behind right; (&) Step R side right; Step (cross) L in front of right

BEGIN AGAIN!

Restart: During wall 5, restart the dance after count 16. You will be facing the 3 o'clock wall.

Reminder: Wall 5 starts facing the 12 o'clock wall but counts 1-16 bring you to the 3 o'clock wall.