

20 Flight Rock

拍数: 24 墙数: 2 级数: Improver
编舞者: Alan Birchall (UK) - August 2009
音乐: Twenty Flight Rock - Eddie Cochran : (CD: The Very Best Of - 1:44)



Start: On Lyrics

Seconds: 5 Count: 8 (1- 2&3- 4& etc) BPM: 107

¾ TURN WALKING TO RIGHT

- 1 Making ¼ Turn To Left Step Forward On Right 9 '0' Clock
- 2 Making ¼ Turn To Left Step Forward On Left 6 '0' Clock
- 3 Making ¼ Turn To Left Step Forward On Right 3 '0' Clock
- 4 Step Forward On Left

NOTE: You Will Have Made A ¾ Turn To Left To End Up Facing 3 '0' Clock Wall

STEP, LOCK, STEP, STEP, TURN, STEP

- 5& Step Forward On Right, Lock Left Behind Right
- 6 Step Forward On Right
- 7& Step Forward On Left, ½ Pivot Right 9 '0' Clock
- 8 Step Forward On Left

TOE STRUTS, BACK COASTER STEP

- 9& Touch Right Toe Forward, Step Down On Right
- 10& Touch Left Toe Forward, Step Down On Left
- 11& Step Back On Right, Step Left By Right
- 12 Step Forward On Right

TOE STRUTS, RUN (WITH SLIGHT DIP)

- 13& Touch Left Toe Forward, Step Down On Left
- 14& Touch Right Toe Forward, Step Down On Right
- 15& Run Forward With A Slight Dip Left, Right
- 16 Run Forward On Left

Alternative: 3 Skates Forward

¼ TURNING JAZZ BOX, ½ TURN LEFT, RIGHT KICK BALL CHANGE

- 17-18 Cross Right Over Left, Step Back On Left
- 19-20 Step Right To Right | Making ¼ Turn Right, Cross Left Over Right
- 21-22 Making ¼ Turn Left Step Back On Right, Making ¼ Turn Left, Step Left To Left 6 '0' Clock
- 23&24 Kick Right Foot Forward, Step Right By Left, Step Left By Right

START AGAIN
