

Let's Rock

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Don Pascual (FR) - June 2011
音乐: Rockin' Piano Man - Micke Muster



Start on vocals

Section 1 : Toe-heel swivels out, heel-toe swivels in, heel stand, double knee pop

- 1-2 Swivel toes of both feet out, swivel heels of both feet out
3-4 Swivel heels of both feet in, swivel toes of both feet in

With your arms:

- on count 1, open your arms ,elbows bent, forearms upward
on count 2, forearms downward
on count 3, forearms upward
on count 4, bring your arms closer in front of your chest, forearms upward

- 5-6 Lift toes of both feet to stand on heels, lower toes onto floor (Stretch your arms forward on count 5)
7-8 Lift heels of both feet, lower heels onto floor (hitch hike both thumbs over your shoulders on count 7)

Section 2: R toe heel cross, hold + clap, L toe heel cross, hold + clap

- 1-4 Touch R toe in towards left instep, touch R heel forward (R diagonal), cross R over L, hold + clap
5-8 Touch L toe in towards right instep, touch L heel forward (L diagonal), cross L over R, hold + clap

Section 3: Point R to R side, touch R beside L, R modified monterey turn, point L to L side, together

- 1-2 Point R to R side, touch R toe beside L
3-4 Point R to R side, ½ T right on ball of L foot stepping R beside L
5-6 Point L to L side, touch L toe beside R
7-8 Point L to L side, L foot beside R

Style:

- While pointing to the R (counts 1 and 3), right hand downward (R diagonal), left hand upward (L diagonal), touch left fist over right fist while bringing R feet next to L (counts 2 and 4)
While pointing to the L (counts 5 and 7), left hand downward (L diagonal), right hand upward (R diagonal), touch right fist over left fist while bringing L feet next to R (counts 6 and 8)

Section 4: Heel struts R, L, R, L making a ¾ Turn to the R

- 1-8 R heel strut, L heel strut, R heel strut, L heel strut while making a ¾ T to the R

Style: During section 4, play the piano with your hands

Section 5: Heel, heel, back, together, knee pops R,L,R,L

- 1-2 R Heel forward (R diagonal), L heel forward beside R (L diagonal)
3-4 R step back, L beside R (legs slightly apart)
5-6 Pop R knee in (straightening L), pop L knee in (straightening R)
7-8 Pop R knee in (straightening L), pop L knee in (straightening R)

Section 6: L heel grind making a L ½ Turn and R step back, R&L heel jacks, jump out, jump in

- 1-2 Dig L heel forward (toes pointing R), grind heel fanning toes L while making a ½ T to the L and stepping R back (ending weight onto R)

&3&4 Step back on L, touch R heel forward (R diagonal), step R foot in place, step L beside R
&5&6 Step back on R, touch L heel forward (L diagonal), step L foot in place, step R beside L
7-8 Jump out, jump in

Final: Replace the last count of the dance with a jump cross (R cross over L)

Have fun !!!

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