

Hear Me Roar

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Justine Brown (UK) - October 2013
音乐: Roar - Katy Perry



8 Count Intro

Section 1: Back Rock, Recover, Triple Full turn, Rock, Recover, Back Lock Back.

1 – 2 Right Rock back – Recover onto Left
3 & 4 Triple Full Turn (traveling forward) over Left shoulder (alt= shuffle forward)
5 – 6 Left Forward Rock – Recover onto Right
7 & 8 Left Step Back – Lock Right in front – Step back on Left

Section 2: ¼ Turn, Touch, Triple Full Turn Left, Cross Rock, Recover, Step Side, Cross Shuffle.

1 – 2 Turn ¼ Right stepping right to the side – Point Left toe to left side
3 & 4 Triple full turn Left over left shoulder (alt=chasse left)
5 – 6 Right Cross Rock – Recover
& 7 & 8 Right step side – Cross Left over – Right step side – Cross Left over

(Tag/Restart wall 5 here = the big one)

Section 3: NC2 Side, Rock, Recover, Side, Rock Recover, Turn ¼, Turn ¼, Rock Back, Recover, Step side

1 – 2 & Long step Right to right side – Left Back rock - Recover
3 – 4 & Long step Left to left side – Right back rock – Recover
5 – 6 Turn ¼ right stepping forward on right – Turn ¼ right stepping left to the side
7 & 8 Rock right behind left, Recover, Step Right to right side

Section 4: Behind, Side, Cross, Sway, Sway, Sailor 14 turn, Step, Pivot ½

1 & 2 Cross Left Behind right – Right step to side – Cross Left over Right
3 – 4 Step Right to right side swaying onto it – Sway onto Left side
5 & 6 Sailor ¼ turn Right
7 – 8 Left Step forward – pivot ½ turn right (facing 12:00)

Section 5: Mambo fwd Rock, Mambo bk Rock, Forward Rock, Recover, Spin ½ turn, Step-lock-step.

1 & 2 Left Rock forward – Recover– Step Left in place
3 & 4 Right Rock back – Recover– Step Right in place
5 – 6 Left Rock forward – Recover
& 7 & 8 Spin ½ turn left on right foot, hooking left in front as you turn – Forward Left step-right lock-left step

Section 6: Mambo fwd Rock, Mambo bk Rock, Forward Rock, Coaster Step.

1 & 2 Right Rock forward – Recover – Step Right in place
3 & 4 Left Rock Back – Recover – Step Left in place
5 – 6 Right Rock Forward – Recover
(Tag/Restart wall 3 here = walk back-walk back)
7 & 8 Right step back – Left step beside right – Right Step Forward
(Tag/Restart wall 2 here = rock-recover-step back-touch)

Section 7: Kick-Ball-Point, Kick-Ball-Point, Swivel ¼ Turn, Kick-Ball-Cross.

1 & 2 Left Kick – Step on ball of Left foot – Point Right to right side
3 & 4 Right Kick – Step on ball of Right foot – Point Left to left side
5 & 6 with weight on right foot, swivel heels RLR turning ¼ {left toe still pointed forward, weight on right}
7 & 8 Kick Left – Step on ball of Left foot – Cross Right over Left

Section 8: Step Side, Hold, Together, Side, Touch, Turn ¼, Turn ½, Walk Back, Walk Back

- 1 – 2 Step Left to left side – Hold
& 3 -4 Bring right beside left – Step left to left side – Touch right beside
5 – 6 Turn ¼ Right stepping forward on Right - Turn ½ stepping back on Left
7 – 8 Walk back on Right - Walk Back on Left

Restarts:-

Wall 2 = dance up to count 48 (rock coaster) then add

- 1-2-3-4 Left rock forward-recover-step back- touch right beside left

Wall 3 = dance up to count 46 (rock recover) miss out the coaster and add

- 1-2 Walk back – Walk back

The Big One! – on wall 5 the music slows.. dance the first 16 counts. (cross Shuffle) then add

- 1-2 Turn ¼ right stepping forward onto right – Turn ½ right stepping back on left
3&4 Right coaster step
5-6 Left forward rock – Recover
7&8 Left back-Lock-Back
9-10-11-12 STOMP Right beside left (slightly apart) bumping hips for four counts (give it some attitude)

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