Rock In My Shoe



拍數: 32 編數: 4 級數: Absolute Beginner

編舞者: Anette C. Holtet (NOR) - November 2014

音樂: (Can't Stop) Got a Little Rock In My Shoe - Billy Burnette



Back, touch, back, touch, boogie walks forward

1-2	Step left diagonally back, touch right next to left
3-4	Step right diagonally back, touch left next right
5-6	Small step left forward (bending knees to left), small step right forward (bending knees to right)

7-8 Small step left forward (bending knees to left), small step right forward (bending knees to

right)

Left rocking chair, shuffle forward, touch

1-2	Rock forward on left, recover on right
3-4	Rock back on left, recover on right
5-6	Step left forward, step right next to left
7-8	Step forward on left, touch right next to left

Side steps, touches 1/4 turn left

1-2	Step right to right side, touch left next to right &snap your fingers
3-4	Step left to left, touch right next to left & snap your fingers
5-6	Step right to right, touch left next to right & snap your fingers
7-8	1/4 turn stepping left to left, touch right next to left & snap your fingers

Hip bumps, hip roll

The bampe, the fell		
1&2	Step right slightly forward bumping right hip, bump left hip bak, bump right hip forward (weight on right)	
3&4	Step left slightly forward bumping left hip, bump right back, bump left hip forward (weight on left)	
5-6	Step right small step to right starting a hip roll counterclockwise (weight ends on right)	
7-8	Hip roll counterclockwise (weight ends on right)	

Contact: anette.holtet@gmail.com