

Rock The Boat

拍數: 32 牆數: 4 級數: Improver + - Country Rap
編舞者: Flo Moresteps (FR) - October 2015
音樂: Rock The Boat (Big And Rich) – Hillbilly Jedi – 100 BPM



Dance sequence: Counter Clockwise – 5 restarts – 1 tag

Intro: 16 + 1 counts. Start on: (Gonna) Rock – or Stomp Up(Tag) on count 17

Walls: 32,16,32,8,32,16,32,8,32,31,32,32,tag,32,32,12+final

The first 4 restarts are easy, then just remember the RAP section is one count early.

Section 1: Sway, Sway, Side Shuffle, Cross, Unwind 3/4, Run-Run-Run

- 1 Step right to side with hip sway to right
- 2 Recover on left foot with hip sway to left
- 3&4 Step right to side, Step left next to right foot, Step right to side
- 5-6 Cross left foot over right foot, Unwind $\frac{3}{4}$ turn to right (weight on right foot) [9:00]
- 7&8 Heavy run left foot, Heavy run right foot, Heavy run left foot

RESTART: on walls 4 and 8 [both 9:00] : Restart here from section 1

Section 2: Syncopated Rocks, Out, Out, In-In-In

- 1-2& Step right to side, Recover on left foot, Close right foot next to left foot (weight on right foot)
- 3-4& Step left to side, Recover on right foot, Close left foot next to right foot (weight on left foot)
- 5-6 Step right to side with toes out on right diagonal, Step left to side with toes out on left diagonal

FINAL: on wall 15 [3:00] 5-6 : Step right forward, Step left to side with a $\frac{1}{4}$ turn left [12:00]

- 7 Fan both toes straight
- &8 Drag both heels together, Fan both toes together (Weight on left foot)

RESTART: on walls 2 and 6 [both 6:00] : Restart here from section 1

Section 3: Heel, Heel, Back-Lock-Back, $\frac{1}{2}$ turn left, Cross Rock, Recover, Big side step Drag, Touch

- 1-2 Tap right heel forward, Tap right heel forward,
- 3&4 Step right back, Lock left foot in front of right foot, Step right back
- 5 Step left forward making $\frac{1}{2}$ to left [3:00]
- 6& Cross right foot in front of left foot, Recover on right foot
- 7-8 Wide step to right dragging left foot, Touch left foot next to right foot

Section 4: Vine $\frac{1}{4}$ turn scuff $\frac{1}{4}$ turn, Hitch, Stomp Up, Stomp, Skate, Skate, Skate-Ball-Skate

- 1&2 Step left to side, Cross right behind left, Step left forward with a $\frac{1}{4}$ turn left [12:00]
- &3 Scuff right with a $\frac{1}{4}$ turn left, Hitch right knee [9:00]
- &4 Stomp right keeping weight on left foot, Stomp right changing weight to right foot.
- 5-6 Skate left foot in left diagonal, Skate right foot in right diagonal
- 7 Skate left foot in left diagonal

RESTART: on wall 10 (musical bridge prior to rap) [6:00] Restart HERE from section 1

- &8 Ball of right foot next to left foot, Skate left foot in left diagonal

TAG: end of wall 12 (end of rap section) [12:00] : Add the following 1 count and restart from section 1

- 1 Stomp right foot keeping weight on left foot

Breath, look straight ahead and smile!

