

Rock From The Sun

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Giuseppe Ferandi (IT) - January 2016
音樂: Third Rock from the Sun - Joe Diffie



SECT. 1: Shuffle side – rock back

1&2 – Step right to side – step left beside right – step right to side
3 - 4 – Step left back – recover to right
5&6 – Step left to side – step right beside left – step left to side
7 - 8 – Step right back – recover to left

SECT. 2: Shuffle fwd – rock – coaster step – step turn

1&2 – Step right fwd – step left beside right – step right fwd
3 - 4 – Step left fwd – recover on right
5&6 – Step left back – step right next left – step left fwd
7 - 8 – Step right fwd – ½ turn left (6.00)

SECT. 3: Kick ball cross (x4)

1&2 – kick right – step right on place – cross left over right
3&4 – kick right – step right on place – cross left over right
5&6 – kick right – step right on place – cross left over right
7&8 – kick right – step right on place – cross left over right

SECT. 4: Rock step – shuffle cross – rock step – shuffle cross

1 - 2 – step right to right side – recover to left
3&4 – Step right over left – step left side – step right over left
5 - 6 – Step left to left side – recover to right
7&8 – Step left over right – step right side – step left over right

SECT. 5: Mambo step – coaster step – step turn – pivot

1&2 – Step right fwd – recover to left – step right back
3&4 – Step left back – step right beside left – step left fwd
5 - 6 – Step right fwd – ½ turn left (12.00)
7 - 8 – ½ turn left and step right back – ½ turn left and step left fwd (12.00)

Restart 2 – Wall 6

SECT. 6: Rock – ½ turn shuffle right – rock fwd – coaster step

1 - 2 – Step right fwd – recover to left
3&4 – ½ turn right and step right fwd – step left beside right – step right fwd
5 - 6 – Step left fwd – recover to right
7&8 – Step left back – step right beside left – step left fwd

SECT. 7: ¼ turn step – stomp – rolling wine

1 - 2 – ¼ turn step right fwd (9.00) – stomp left next right
3 - 4 – Step left side – stomp right next left
5 - 6 – ¼ turn and step right fwd – ½ turn step left back (*)
7 - 8 – ¼ turn step right side – stomp left beside right (weight on left) (9.00)

(*) Restart 1 - wall 3 (sez. 7) after 54 counts

Restart 2 - wall 6 after 40 counts

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