

Rock Me

拍數: 48 牆數: 4 級數:
編舞者: Javier Rodriguez Gallego (ES) - January 2017
音樂: Rock Me Baby - Tina Turner



S-1. SIDE BODY ROLLS, TOGETHER, CROSS, ¼ TURN STEP, PIVOT TURN, ¼ TURN, SIDE

- 1.- Touch left point to left side beginning side body roll
- 2.- End side body roll, weight on left
- &.- Step right beside left
- 3.- Touch left point to left side beginning side body roll
- 4.- End side body roll, weight on left
- &.- Step right beside left
- 5.- Cross left over right
- 6.- ¼ turn right, step right forward (3:00)
- 7.- Step left forward
- &.- ½ turn right (9:00)
- 8.- ¼ turn right, step left to left side (12:00)

S-2. WALK BACKWARDS, ¼ TURN, WALK BACKWARDS, COASTER STEP, WALK WITH KNEE POPS

- 1.- Step back on right
- 2.- ¼ turn right, step back on left (3:00)
- 3.- Step right back
- &.- Step left next to right
- 4.- Step right forward
- 5.- Step left forward, pop right knee
- 6.- Step right forward, pop left knee
- 7.- Step left forward, pop right knee
- 8.- Step right forward, pop left knee

S-3. KICK, OUT-OUT, HEEL BOUNCES TWICE, TOGETHER-TOUCH TWICE, HITCH, SIDE, DRAG, TOGETHER

- 1.- Kick left forward
- &.- Step left to left side
- 2.- Step right to right side
- 3.- Bounce right heel
- 4.- Bounce right heel
- &.- Step right beside left
- 5.- Touch left to left side
- &.- Step left beside right
- 6.- Touch right to right side
- &.- Hitch right knee over left
- 7.- Big step right to right side
- 8.- Drag left towards right
- &.- Step left beside right

S-4. CROSS, ¼ TURN, WALK, 1/8 TURN, SIDE, CROSS, 1/8 TURN, WALK, PIVOT TURN, FULL TURN, ¼ TURN, SIDE

- 1.- Cross right over left forward
- 2.- ¼ turn left, step left forward (12:00)
- &.- 1/8 turn left, step right to right side (10:30)
- 3.- Cross left over right
- 4.- 1/8 turn right, step right forward (12:00)

- 5.- Step left forward
- 6.- ½ turn right (6:00)
- 7.- ½ turn right, step back on left (12:00)
- &.- ½ turn right, step right forward (6:00)
- 8.- ¼ Turn right, Step left to left side (9:00)

S-5. SAILOR SHUFFLE, VAUDEVILLE, TOGETHER, WALK, SPIRAL TURN , SHUFFLE FORWARD

- 1.- Cross right behind left
- &.- Step left to left side
- 2.- Touch right heel diagonally forward
- &.- Step right beside left
- 3.- Cross left over right
- &.- Step right to right side
- 4.- Touch left heel diagonally
- &.- Step left beside right
- 5.- Step right forward
- 6.- Left Spiral Turn (Weight ends on right)
- 7.- Step left forward
- &.- Step right beside right
- 8.- Step left forward

S-6. TOUCH, WALK BACKWARDS, TOUCH-BUMP, WALK BACKWARDS, COASTER STEP, WALK , KICK, TOGETHER

- 1.- Touch right heel forward
- 2.- Step back on right
- 3.- Touch left toe forward, Bump hip forward
- 4.- Step back on left
- 5.- Step back on right
- &.- Step left together
- 6.- Step right forward
- 7.- Step left forward
- 8.- Kick right forward
- &.- Step right beside left

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