

AB Rock

拍數: 16 牆數: 1 級數: Absolute Beginner
編舞者: Cati Torrella (ES) - April 2017
音樂: Never Loved Before - Alan Jackson & Martina McBride



Alt. Music: "Take Me To The River" - Delbert McClinton or any ECS

[1-4]: Right TRIPLE STEP, Left Back ROCK STEP

1 RF step to right side
& Step LF beside right
2 RF step to right side
3 Rock back on Left Foot
4 Recover weight on RF

[5-8]: Left TRIPLE STEP, Right Back ROCK STEP

1 LF step to left side
& Step RF beside left
2 LF step to left side
3 Rock back on Right Foot
4 recover weight on LF

[9-12]: TRIPLE STEP FORWARD, STEP ½ TURN

1 RF Step forward
& LF step beside Right Foot
2 RF Step forward
3 LF Step forward
4 ½ Turn to right , change weight on RF

[13-16]: TRIPLE STEP FORWARD, STEP ½ TURN

1 LF Step forward
& RF step beside Left Foot
2 LF Step forward
3 RF Step forward
4 ½ turn to left, change weight on LF

START AGAIN □