

Mr Rock & Roll

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Jackson (UK) - October 2017
音樂: Mr Rock & Roll - Amy Macdonald : (amazon)



#16-count intro, start on vocals. One Tag and an Ending.

Section 1 – [1-8] STEP, TOUCH & HEEL & STEP, FORWARD ROCK, SHUFFLE HALF TURN

1,2&3&4 Step forward right, touch left behind right, step back left (&), touch right heel forward, step right next to left (&), step forward left
5,6,7&8 Rock forward on right, recover on left, shuffle half turn right (R/L/R)

Section 2 – [9-16] STEP, TOUCH & HEEL & STEP, FORWARD ROCK, SHUFFLE QUARTER TURN

1,2&3&4 Step forward left, touch right behind left, step back right (&), touch left heel forward, step left next to right (&), step forward right
5,6,7&8 Rock forward on left, recover on right, shuffle quarter turn left (L/R/L)

Section 3 – [17-24] IN FRONT, SIDE, BEHIND, SIDE, CROSS ROCK, CHASSE RIGHT

1,2,3,4 Cross right over left, left to left side, cross right behind left, left to left side
5,6,7&8 Cross rock right over left, recover on left, right to right side, left next to right, right to right side

Section 4 – [25-32] CROSS ROCK, SIDE ROCK, CROSS/UNWIND, BACK ROCK

1,2,3,4 Cross rock left over right, recover on right, rock left to left side, recover on right
5,6,7,8 Cross left over right, unwind a half turn to your right, rock back on right, recover on left

START AGAIN

TAG: Dance up to the end of Wall 8 (now facing front wall) and add these steps:

1 Step forward right,
2 Pivot a quarter turn left,
3 Step forward right,
4 Pivot a quarter turn left – Restart (Wall 9) facing the back wall.

ENDING: Dance up to Step 6 of Section 2 of Wall 11 (now facing back wall) and shuffle a HALF turn left (L/R/L) to face the front wall.
