

Rocks

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: Rocks - Life Of Dillon



Intro: 40 counts

(1-8) HEEL GRIND x2, STEP, ½ TURN, STEP, ¼ TURN

1,2,& R heel forward with toes turned in, turn toes out, step RF next to LF
3,4,& L heel forward with toes turned in, turn toes out, step LF next to RF
5,6 Step RF forward, ½ turn left on LF (6:00)
7,8 Step RF forward, ¼ turn left on LF (3:00)

(9-16) CROSS, SIDE & TOUCH, CROSS, SIDE, CROSS BACK, 1/8 TURN, 1/2 TURN

1,2,& Cross RF over LF, step left on LF, step RF next to LF
3,4 Touch left toe to left, cross LF over RF
5,6 Step right on RF, cross LF behind RF
7,8 1/8 turn right stepping forward on RF (4:30), ½ turn right step back on LF (10:30)

(17-24) ¼ TURN HIP BUMP, HIP BUMP, CROSS, HOLD & CROSS, ¼ TURN STEP FORWARD

1,2 ¼ turn right on right toe bump hip right, right heel down (1:30)
3,4 Step left on left toe bump hip left, left heel down
5,6 Cross RF over LF, hold
&,7,8 Step left on LF, cross RF over left, ¼ turn left step forward on LF (10:30)

(25-32) STEP, ½ TURN, 1/8 TURN SLIDE, TOUCH, ROLLING VINE

1,2 Step forward RF, ½ turn left on LF (4:30)
3,4 1/8 turn left slide right on RF (3:00), touch left toe next to RF
5,6 ¼ turn left on LF, ½ turn left step back on RF
7,8 ¼ turn left step left on LF, touch right toe next to LF

TAG (Done after walls 4 and 8, both times facing 12.00)

(1-8) HEEL SWITCHES X2, SLIDE, TOUCH, HEEL SWITCHES X2, SLIDE, TOUCH

1& Touch right heel forward, step RF next to LF
2& Touch left heel forward, step LF next to RF
3,4 Slide right on RF, touch left toe next to RF
5& Touch left heel forward, step LF next to RF
6& Touch right heel forward, step RF next to LF
7,8 Slide left on LF, touch right toe next to LF

Start again - Enjoy

Last Update – 8th Dec. 2017