

Ik Leef Van Rock and Roll

拍數: 48 牆數: 2 級數: Newcomer - Non Country
編舞者: Tjwan Oei (NL) - February 2018
音樂: Ik leef van rock and roll – by Wendy Whoop



#01: Step diag. right forward – Lock – Step forward – Scuff fwd. – Step diag. left forward – Lock – Step forward – Scuff fwd.

1-2 RF. step diagonally right forward – LF. lock behind RF.
3-4 RF. step forward – LF. scuff forward
5-6 LF. step diagonally left forward – RF. lock behind LF.
7-8 LF. step forward – RF. scuff forward

#02: Rocking chair – Pivot ½ turn left – Pivot ¼ turn left

1-2 RF. rock forward – Recover weight onto LF.
3-4 RF. rock back – Recover weight onto LF.
5-6 RF. step forward – RF./LF. pivot ½ turn left [06]
7-8 RF. step forward – RF./LF. pivot ¼ turn left [03]

#03: Step diag. right forward – Lock – Step forward – Scuff fwd. – Step diag. left forward – Lock – Step forward – Scuff fwd.

1-2 RF. step diagonally right forward – LF. lock behind RF.
3-4 RF. step forward – LF. scuff forward
5-6 LF. step diagonally left forward – RF. lock behind LF.
7-8 LF. step forward – RF. scuff forward

#04: Jazz box – Jazz box with ¼ turn right

1-2 RF. cross over LF. – LF. step back
3-4 RF. step to right side – LF. step together beside RF.
5-6 RF. cross over LF. – LF. step back
7-8 RF. step ¼ turn to right side – LF. step together beside RF. [06]

#05: Vine to right side – Heel touch – Vine to left side – Heel touch

1-2 RF. step to right side – LF. cross behind RF.
3-4 RF. step to right side – LF. touch heel to left side
5-6 LF. step to left side – RF. cross behind LF.
7-8 LF. step to left side – RF. touch heel to right side

#06: Kick forward (twice) – Step back (R – L) – Step out (R – L) – Step in (R – L)

1-2 RF. kick forward – RF. kick forward
3-4 RF. step back – LF. step back
5-6 RF. step out to right side – LF. step out to left side
7-8 RF. step in to centre – LF. step in to centre

TAG : After wall one – Wall two – Wall four and wall five .

Jump with both feet out and in (in eight counts) on place .

1-2 Jump with both feet out – Jump with both feet in
3-4 Jump with both feet out – Jump with both feet in
5-6 Jump with both feet out – Jump with both feet in
7-8 Jump with both feet out – Jump with both feet in

