

It's Still Rock & Roll

拍數: 68 牆數: 2 級數: Intermediate
編舞者: Adrian Lefebour (AUS) - August 2018
音樂: It's Still Rock and Roll To Me - Billy Joel : (2:58)



Notes: 16 count intro from the start of the song

[1-8] Kick Fwd, Kick Side, Coaster Step, Repeat

1,2 Kick L foot fwd, Kick L foot to L side
3&4 Step L back, Step R next to L, Step L fwd (L Coaster Step)
5,6 Kick R foot fwd, Kick R foot to R side
7&8 Step R back, Step L next to R, Step R fwd

[9-16] Jump Fwd, Clap, Jump back, clap, 1/2 Pivot Turn, 1/4 Paddle Turn

&1,2 Jumping fwd step L fwd at L 45 and step R fwd at R 45, Clap hands at chest height
&3,4 Jumping back in place step L back to centre and step R next to L, Clap hands at chest height
(weight L)
5,6 Step R fwd, 1/2 Pivot turn L (6.00)
7,8 Step R fwd, 1/4 Paddle turn L (9.00)

[17-24] Cross Rock, Replace, Side Shuffle, Repeat

1,2 Cross Rock R over L, Replace weight back on L
3&4 Step R to R side, Step L next to R, Step R to R side (Side Shuffle R)
5,6 Cross Rock L over R, Replace weight back on R
7&8 Step L to L side, Step R next to L, Step L to L side (Side Shuffle L)

[25-32] Step Across, 1/4 Turn, Back Shuffle, Step, Replace, Shuffle Fwd

1,2 Step R across L, 1/4 turn R step L back (6.00)
3&4 Step R back, Step L next to R, Step R back (R back shuffle)
5,6 Step L back, Replace weight fwd on R
7&8 Step L fwd, Step R next to L, Step L fwd (L fwd shuffle)

[33-40] Step Side, Behind, 1/4 Shuffle, 1/2 Pivot, 1/4 Side Shuffle (Tag/Restart)

1,2 Step R to R side, Step L behind R
3&4 1/4 turn R step R fwd, Step L next to R, Step R fwd (1/4 shuffle R) (9.00)
5,6 Step L fwd, 1/2 Pivot turn R (weight on R) (3.00)
7&8 1/4 Turn R step L to L side, Step R next to L, Step L to L side (1/4 side shuffle L) (6.00)

[41-48] Touch Toe Fwd, Step x2, Swivel Walks Fwd x4 (Tag/Restart)

1,2,3,4 Touch R toe fwd at R 45, Step R back in place, Touch L toe fwd at L 45, Step L back in place
5,6,7,8 Swivel walk R, L, R, L (weight on L)

[49-56] Rocking Chair, Step Across, Point Side, Step Across, Point Side

1,2,3,4 Rock R fwd, Replace weight back on L, Rock R back, Replace weight fwd on L
5,6,7,8 Step R across L, Point L toe to L side, Step L across R, Point R toe to R side

[57-64] 2x Paddle Turns, Jazz Box Cross

1,2,3,4 Step R fwd, 1/4 Paddle turn L, Step R fwd, 1/4 Paddle turn L (weight on L) (12.00)
5,6,7,8 Step R across L, Step L back, Step R to R side, Step L across R (weight on L)

[65-68] 1/2 Turning Step Lock Shuffles x4

1&2&3&4 1/8 turn R step R fwd, Step L slightly behind R (1.30), Repeat (3.00), Repeat (4.30), Repeat (6.00) (weight on R)

Tag/Restart – During wall 3, dance to count 40 then do the following 4 counts and restart dance to 6.00

&1&2 – Step R to R side, Step L to L side, Step R to centre, Step L to centre (out, out, in, in)

&3&4 – Step R to R side, Step L to L side, Step R to centre, Touch L next to R (out, out, in, touch)

Tag/Restart – During wall 5 (12.00 wall), dance to count 48 then for &count step R next to L and restart dance at 6.00 wall. Don't rush this restart.

FINISH – Wall 7 dance to count 12 to finish at the front wall.
