Raise the Roof

拍數: 48

級數: Phrased Beginner

編舞者: Liz Atkinson (USA) - February 2019

音樂: Na Na Na - Pentatonix

NOTE: Sequence for full track is AA BB CC - AA BB CC - BB CC For performance purposes, we use a cut track to phrase AA BB CC - AA BB CC (end)

PART A: 16 counts

SIDE ROCK (R), RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK (L), RECOVER, SAILOR TURN ¼ L

- Rock RF to R side, recover LF 1, 2
- 3&4 Step RF behind LF, step LF to L side, step RF across LF
- 5.6 Rock LF to L side. recover RF
- Step LF behind RF and turn 1/4 L, step RF side, step LF fwd (9:00) 7&8

ROCK FORWARD, RECOVER, ¼ PIVOT L, JAZZ BOX

- Rock RF fwd, recover LF, 1, 2
- 3.4 Step RF fwd, ¼ pivot L (6:00)

Cross RF over LF, step LF back, step RF to R side, step LF fwd 5, 6, 7, 8

Repeat A, returning to 12:00

PART B: 16 counts

TURN 1/4 R AND WALK (RLR) KICK, STEP BACK, BACK, COASTER STEP

- Turn 1/4 R on count 1 and walk R, walk L, walk R, kick L (3:00) 1, 2, 3, 4
- 5,6 Step back L, back R
- 7&8 Step back L, close RF beside LF, step LF fwd

WEAVE TURNING 1/4 R, ROCKING CHAIR

- 1, 2, 3, 4 Step RF side, step LF behind RF, 1/4 turn R on RF, step LF fwd (6:00)
- 5, 6, 7, 8 Rock RF fwd, recover LF, rock RF back, recover LF

Repeat B, returning to 12:00

PART C: 16 counts

SIDE R, TOUCH, SIDE L, TOUCH, VINE R

- Step RF to R, touch LF next to RF, step LF to L, touch RF next to LF (clap on touches) 1, 2, 3, 4
- Step RF to R, step LF behind RF, step RF to R, touch LF next to RF (Hands pump up 5, 6, 7, 8 overhead, 3 beats, palms up [RAISE THE ROOF!]- clap on touch)

SIDE L, TOUCH, SIDE R, TOUCH, VINE L

- 1, 2, 3, 4 Step LF to L, touch RF next to LF, step RF to R, touch LF next to RF (clap on touches)
- 5, 6, 7, 8 Step LF to L, step RF behind LF, step LF to L, touch RF next to LF (Hands pump up overhead, 3 beats, palms up [RAISE THE ROOF!]- clap on touch)

Repeat C

Plays heavily to the front/audience for exhibition or performance. Encourage audience to clap along on final 32 counts :)





牆數: 1