

Rock It

拍數: 32 牆數: 4 級數: Improver
編舞者: Julia Wetzel (USA) - June 2019
音樂: Rock It - Ofenbach



Intro: 32 counts, start on lyrics (16 sec. into track)
Dedication: Choreographed for the NTLDC 2019 Event

[1 – 8] Side Rock, Behind, Side, Cross, Side, Hold, Sailor ¼ L

1, 2 Rock L to left side (1), Recover R (2) 12:00
3&4 Step L behind R (3), Step R to right side (&), Cross L over R (4) 12:00
5, 6 Step R to right side into a wide stance (5), Hold (6) Styling: Shimmy/Shake shoulders twice (5-6) 12:00
7&8 Step L behind R (7), ¼ Turn left step R to right side (&), Step L to left side (8) 9:00

[9 – 16] Touch, Flick, Step, Lock, Step, Touch, Flick, Step, Lock, Step

1, 2, 3&4 Touch R fw (1), Flick R out (2), Step R fw (3), Lock L behind R (&), Step R fw (4) 9:00
5, 6, 7&8 Touch L fw (5), Flick L out (6), Step L fw (7), Lock R behind L (&), Step L fw (8) 9:00

[17- 24] Rock, ½ R Shuffle, Hip Bumps, Coaster, Cross

1, 2, 3&4 Rock R fw (1), Recover L (2), ½ Turn right shuffle R L R (3&4) 3:00
5, 6 Touch L fw and bump L hip fw twice (5-6) 3:00
7&8 Step L back (7), Step R next to L (&), Cross L over R (8)

[25 – 32] ¼ L Back, ¼ L Side, Cross Shuffle, Snaps, Side, Behind

1, 2 ¼ Turn left step R back (1), ¼ Turn left step L to left side (2) 9:00
3&4 Cross R over L (3), Step L to left side (&), Cross R over L (4) 9:00
5 - 8 Extend R arm to right side and snap fingers twice (5-6), Step L to left side (7), Step R behind L (8) 9:00

***Step change for (5-8) on Walls 3 & 7 facing 3:00**

Step Change: On Wall 3 & 7 dance up to Count 28 (Cross R over L) facing 3:00, extend R arm to right side about shoulder height and gesture (1, 2, 3, 4) with your R hand by extending the number of fingers matching 1, 2, 3, 4 for the last 4 counts of the dance, then start the next wall normally. Optional: Shout "Un, Dos, Tres, Quatro" or "1, 2, 3, 4" while gesturing. Hint: Do this every time the dance ends at 3:00.

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