

Make The Rooster Crow

拍數: 32 牆數: 4 級數: Improver
編舞者: Mark Paulino (USA) - September 2019
音樂: Make the Rooster Crow - The Lacs



INTRO: 20 seconds

S1: FEET APART & SHAKE, FEET TOGETHER, FEET APART&SHAKE

- 1 Hop into 10:30 with both feet apart into a squat position
- 2,3,4 Hip shake/free style
- &5 Hop back into 12 o'clock with both feet together and hop into 1:30 with both feet apart into a squat position
- 6,7,8 Hip shake/free style

S2: SIDE, BEHIND, SIDE HEEL, BALL CROSS, L ¼ TURN STEP, L ¼ TURN R HITCH, DROP X3

- 1,2 Facing back on 12 o'clock, R side step, L cross behind R
- &3&4 R side step diagonal back, L heel touch diagonal forward, L ball touch next to R, R cross over L
- 5,6 L foot ¼ turn counter-clockwise step, ¼ turn counter clockwise with R side hitch
- &7&8 Land R foot to the side, then sit, drop lower, drop lower (weight shift stays on R)

S3: ¼ TURN BACK PADDLE, WALK BACK x4

- 1,2,3,4 Counter clockwise ¼ turn paddle with L (weight shift stays on R until last paddle, where you end your weight shift on L)
- 5,6,7,8 Walk back R, L, R, L, rising up with each step back until standing up position

S4: KICK CROSS POINT x2, KICK BALL CROSS, BIG STEP SLIDE TOUCH

- 1&2 R kicks forward, R cross over L, L side point (body position slightly R)
- 3&4 L kicks forward, L cross over R, R side point (body position slightly L)
- 5&6 R kicks forward, R ball touch besides L, L cross over R going forward
- 7,8 R big step forward, L slides touch besides R (keep body slightly positioned or the L)

Transitioning to the beginning of the dance, just hop both feet apart.

~ALTERNATE STEPS~

This will make the last 8 count easier, keep in mind the third 8 count ends with the L touch besides R

S3a: ¼ TURN BACK PADDLE, WALK BACK x3, TOUCH

- 1,2,3,4 Counter clockwise ¼ turn paddle with L (weight shift stays on R until last paddle, where you end your weight shift on L)
- 5,6,7,8 Walk back R, L, R, then L touch besides R, rising up with each step back until standing up position

S4a: KICK CROSS POINT x3, BIG STEP SLIDE TOUCH

- 1&2 L kicks forward, L cross over R, R side point (body position slightly L)
- 3&4 R kicks forward, R cross over L, L side point (body position slightly R)
- 5&6 L kicks forward, L cross over R, R side point (body position slightly L)
- 7,8 R big step forward, L slides touch besides R (keep body slightly positioned or the L)

(thefinlinedance@gmail.com)

Last Update - 14 Dec. 2020-R2

