

Rock N Roll Christmas

拍數: 168 牆數: 1 級數: Phrased Easy Intermediate
編舞者: Wenarika Josephine (INA) & Yola Ireneous (INA) - December 2019
音樂: A Very Merry Rockin' Good Christmas - Robert Wells & Little Mike Watson



Intro 32 counts , Dance Sequence : A (tag) – B – A – C – A(tag) – B – A – C – A(tag)

A (72 counts)

I. WEAVE TO RIGHT, TWIST

1 – 8 R to side – L behind R – R to side – cross L over R , R to side – twist both heels to right – centre – right

II. HEEL STRUT , FLICK BACK

1 – 4 Touch L heel fwd diag – step L in place – touch R heel fwd diag – step R in place
5 – 8 Flick L back – step L in place – flick R back – step R in place

III. WEAVE TO LEFT, TWIST

1 – 8 L to side – R behind L – L to side – cross R over L , L to side – twist both heels to left – centre – left

IV. HEEL STRUT, FLICK BACK

1 – 4 Touch R heel fwd diag – step R in place – touch L heel fwd diag – step L in place
5 – 8 Flick R back – step R in place – flick L back – step L in place

V. PIVOT ½ LEFT (2X)

1 – 8 R forward – hold – pivot ½ left – hold , R forward – hold – pivot ½ left – hold

VI. JAZZBOX (2X)

1 – 8 Cross R over L – step L back – R to side – L fwd , Cross R over L – step L back – R to side – L fwd

VII. FWD DIAG STEP TOGETHER STEP TOUCH

1 – 4 R fwd diag – L beside R – R fwd diag – touch L beside R
5 – 8 L fwd diag – R beside L – L fwd diag – touch R beside L

VIII. STEP BACK, KICK WITH SHIMMY

1 – 8 R back – L kick fwd – L back – R kick fwd , R back – L kick fwd – L back – R kick fwd

IX. RUN IN FULL CIRCLE OVER RIGHT SHOULDER

1 – 8 Start running in full circle over right shoulder

*Tag (4cts) : Stomp R – hold – stomp L – hold

B (64 counts)

I. FWD LOCK SHUFFLE, PIVOT ½ RIGHT , FWD, HOLD, FWD, HOLD

1&2 3 4 R fwd – lock L behind R – R fwd – L fwd – ½ turn right(6.00)
5 – 8 L fwd – hold – R fwd – hold

II. FWD LOCK SHUFFLE , PIVOT ½ LEFT, FWD , HOLD, FWD, HOLD

1&2 3 4 L fwd – lock R behind L – L fwd – R fwd – ½ turn left
.....(12.00)
5 – 8 R fwd – hold – L fwd – hold

III. RIGHT SHUFFLE , BACK ROCK , SIDE, HOLD, CROSS , HOLD

1&2 3 4 Chasse to right on R – L – R , L back rock – recover on R
5 – 8 L to side – hold – cross R over L – hold

IV. LEFT SHUFFLE , BACK ROCK , SIDE, HOLD, CROSS , HOLD

1&2 3 4 Chasse to left on L – R – L , R back rock – recover on L
5 – 8 R to side – hold – cross L over R – hold

V. VINE TO RIGHT, VINE TO LEFT ¼ TURN LEFT

1 – 4 R to side – L behind R – R to side – touch L beside R,
5 – 8 L to side – R behind L – ¼ turn left step on L – touch R beside L(9.00)

VI. : repeat section 5.....(6.00)
VII. : repeat section 5(3.00)
VIII. : repeat section 5(12.00)

C. (32 counts)

I. VINE TO RIGHT, ½ TURN RIGHT, VINE TO LEFT

1 – 4 R to side – L behind R – ¼ turn right step on R – brush L
5 – 8 Turn ¼ right step L to side – R behind L – L to side – touch R beside L .{6.00)

II. SWIVEL, HOLD, SWIVEL , HOLD, TWIST

1 – 8 Step R to side swivel both heels to right – hold – left – hold – right – left – right - centre

III. : repeat section I(12.00)

IV. : repeat section II

Happy holidays and have fun !!!

Contact email : wenarikajosephine@gmail.com , yolaireneps@gmail.com
