

Rock With U

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Wina (INA) - August 2020
音樂: Ofenbac - Rock It (Official Video)



Start to dance after 16C

I. SIDE - RECOVER - CROSS BEHIND - SIDE - CROSS - SIDE - RECOVER - CROSS BEHIND - SIDE - STEP FORWARD

- 1- 2 Step R to side, recover on L diagonal on L (with style : bodywave)
- 3 & 4 Cross L behind R, Step L to side, cross R over L
- 5 - 6 Step L to side, recover on R (with style : bodywave)
- 7 & 8 Cross L behind R, Step R to side, step L forward

II. TOUCH FORWARD - TURN 1/4 L FLICK - FORWARD SHUFFLE -SIDE - CLOSE - BACK COASTERSTEP

- 1- 2 Touch R Forward, turn 1/4 left flick R
- 3 & 4 Step R forward, close L beside R, step R forward
- 5 - 6 Step L to side, close R beside L
- 7 & 8 Step L back, close R beside L, step L forward

III. STEP FORWARD - RECOVER - CLOSE - STEP FORWARD - RECOVER - CLOSE - STEP FORWARD - TOUCH CLOSE - HIP ROLL (L, R)

- 1 - 2& Step R forward, recover on L, close R beside L
- 3 - 4& Step L to forward, recover on R, close L beside R
- 5 - 6 Step R to forward, touch L beside R
- 7 - 8 Hip roll (L, R)

IV. FORWARD MAMBO - BACK COASTERSTEP - TURN 1/4 L WITH R HEEL TAP - TURN 1/4 L WITH R HEEL TAP - BACK COASTERSTEP

- 1 & 2 Step L forward, recover on R, step R Back
- 3 & 4 Step R back, close L beside R, step R forward
- 5 - 6 Turn 1/4 Left with R heel tap, turn 1/4 Left with R heel tap
- 7 & 8 Step L back, close R beside L, step L forward

Last Update - 6 Sept. 2020-R2