Rooster Rock

拍數: 48

級數: Improver

編舞者: Mikael Mölsä (FIN) - 17 November 2012

音樂: Rooster Rock - Brian Setzer : (CD: Ignition!)

Starting point: At vocals, at about 0:14.

Ending: After wall 11, you have extra 8 counts. Pop your left knee in once more, hold for counts 2-7 and pop your knee in on count 8 for a stylish ending.

TOE STRUTS TO RIGHT, SHUFFLE RIGHT WITH A JUMP

- 1-2 Touch right toe to side, step weight on right foot
- 3-4 Touch left toe across right, step weight on left foot
- 5-6 Step right to side, step left next to right
- 7-8 Jump on to right foot while left foot kicks to left, hold

Hands: Hands can do the "Ta-Da!" -pose for added effect on count 7, however they are optional.

SAILOR STEP, HOLD, ¼ LEFT TURNING PIVOT WITH HOLDS

- 1-4 Step left behind right, step right next to left, step to left diagonal, hold
- 5-6 Step right forward, hold
- 7-8 Turn ¼ to left, hold (you'll now be facing 9:00)

TOE STRUTS TO RIGHT, SHUFFLE RIGHT WITH A JUMP

- 1-2 Touch right toe to side, step weight on right foot
- 3-4 Touch left toe across right, step weight on left foot
- 5-6 Step right to side, step left next to right
- 7-8 Jump on to right foot while left foot kicks to left, hold

Hands: Hands can do the "Ta-Da!" -pose for added effect on count 7, however they are optional.

SAILOR STEP, HOLD, ¼ LEFT TURNING PIVOT WITH HOLDS

- 1-4 Step left behind right, step right next to left, step to left diagonal, hold
- 5-6 Step right forward, hold
- 7-8 Turn ¼ to left, hold (you'll now be facing 6:00)

ROCKING CHAIR THAT TURNS 1/4 TO LEFT, ROCK STEP, TOGETHER, HOLD

- 1-2 Rock right forward, recover weight back to left
- 3-4 Turn ¹/₄ to left and rock right back, recover weight back to left (you'll now be facing 3:00)
- 5-6 Rock right forward, recover weight back to left
- 7-8 Step right next to left, hold

ELVIS KNEES WITH HOLDS

- 1-2 Pop left knee in, hold
- 3-4 Pop right knee in, hold
- 5-6 Pop left knee in, hold
- 7-8 Pop right knee in, hold

REPEAT

Last Update - 27 Jan 2022





牆數:4