

Pasadena Rock

拍數: 80 牆數: 2 級數: Phrased High Improver
編舞者: Urban Danielsson (SWE) & Christina Johnsson (SWE) - June 2022
音樂: Pasa - Get - Down - Dena - Corb Lund



Intro: 32 counts

Sequence: A, A, A32, A, B, B, A32, A, A32, easier than it looks in the step sheet!

PART A: 48c

Section 1: Toe struts x 2, ¼ left, touch, ¼ left, scuff

1,2 Step right toes forward, step down on right heel
3,4 Step left toes forward, step down on left heel
5,6 ¼ turn left step right to right side, touch left toes next to right foot (9:00)
7,8 ¼ turn left step left foot forward, ¼ turn left scuff right heel (3:00)

Section 2: Vine, cross, Monterey ¼ turn right

1,2 Step right to right side, step left behind right
3,4 Step right to right side, step left across in front of right
5,6 Point right toes to right side, ¼ turn right step right next to left (6:00)
7,8 Point left toes to left side, step left next to right

Section 3: Rock-recover-side, hold, rock-recover ¼ turn left step forward, hold

1,2 Rock right foot back, recover weight onto left foot
3,4 Step right foot to right side, hold
5,6 Rock left foot back, recover weight onto right foot
7,8 ¼ turn left step left foot forward, hold (3:00)

Section 4: Step-lock-step, hold, step ¼ turn right, step cross

1,2 Step right foot forward, lock step left behind of right foot
3,4 Step right foot forward, hold
5,6 Step left foot forward, ¼ turn right step right small step to right side (6:00)
7,8 Step left foot across in front of right, hold

Restart: Restart here on wall 3 and 7 –step change on count 7: Step left foot forward

Section 5: Rumba box back, hold, rumba box forward, hold

1,2 Step right to right side, step left next to right
3,4 Step right foot back, hold
5,6 Step left foot to left side, step right foot next to left
7,8 Step left foot forward, hold

Section 6: Boogie walk, hold, boogie walk, hold, boogie walk x 4 Lifting your heel and walk forward with a circular motion of your hip

1,2 Walk right foot forward, hold
3,4 Walk left foot forward, hold
5,6 Walk right foot forward, walk left foot forward
7,8 Walk right foot forward, walk left foot forward

PART B: 32c

Section 1: Stomp right, hold x 3, scissor step, hold

1,2,3,4 Stomp right foot forward, hold, hold, hold
5,6 Step left foot to left side, step right foot next to left
7,8 Step left foot across in front of right foot, hold

Section 2: Stomp right, hold x 3, sailor step, hold

- 1,2,3,4 Stomp right to right side, hold, hold, hold
5,6 Step left foot behind of right, step right small step to right side
7,8 Step left small step to left side, hold

Section 3: Toe back, hold, unwind ½, hold, chase turn ½

- 1,2 Touch right toes back, hold
3,4 ½ turn right step down on right foot, hold (6:00)
5,6 Step left foot forward, ½ turn right step right foot forward
7,8 Step left foot forward, hold

Section 4: Jazz box with toe struts

- 1,2 Touch right toes across of left foot, step down on right heel
3,4 Touch left toes back, step down on left heel
5,6 Touch right toes to right side, step down on right heel
7,8 Touch left toes in front of right foot, step down on left heel

Second time you dance Part B, you can change the last 8 counts to the following:

Alt. section 4: Push turn ¼ turn left x 4

- 1,2 Step ball of right foot to right side, push the weight over to left foot turning ¼ left
3,4 Step ball of right foot to right side, push the weight over to left foot turning ¼ left
5,6 Step ball of right foot to right side, push the weight over to left foot turning ¼ left
7,8 Step ball of right foot to right side, push the weight over to left foot turning ¼ left

Ending: On wall 9 do the 32 first counts and do the step change on count 31 by stepping forward on left foot. Unwind ½ turn to the right – TA DA!

Enjoy the dance! And as I stated in the beginning – it is easier than it looks in the step sheet!
