

Don't Mock Ma Crocs

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Helen Peers (UK) - April 2023
音樂: Don't Mock Ma Crocs - Dave Sheriff : (stompmusic.co.uk and iTunes)



Sequence – A A B A A B (first 16 counts) B A A A A

#16 count intro.

Part A –

[1-8] Right Jaz Box x 2

1-2 Cross R over L, Step back L
3-4 Step R to R side, Step L beside R,
5-6 Cross R over L, Step back L
7-8 Step R to R side, Step L beside R,

[9-16] Right grapevine scuff L, Left grapevine scuff R.

1-2 Step R to R side, Step L behind R
3-4 Step R to R side, Scuff L to beside R weight stays on R
5-6 Step L to L side, Step R behind L
7-8 Step L to L side, Scuff R to beside L weight stays on L

[17-24] Walk Back R,L,R touch. ¼ side step touch.

1-2 Step back R, Step back L
3-4 Step back R, Touch L beside R,
5-6 Step forward L, making ¼ turn right. Touch R to L weight stays on L
7-8 Stomp R to R side, Stomp up L beside R, (3:00)

[25-32] L Rhumba Box (stomp, stomp)

1-2 Step L to left side, Step R in place next to L
3-4 Step L forward, Touch R next to L weight stays on L
5-6 Step R to right side, Step L in place next to R
7-8 Step R back, Step L beside R. (optional stomp R back and L stomp beside R)

Part B

[1-8] Right Shuffle, Rock recover, Coaster Step, Pivot 1/2

1&2 Step R forward, step L beside R, step R forward
3-4 Rock/step L forward, Recover weight on R
5&6 Step back on L, Step R next to L, Step forward L
7-8 Step forward R, pivot ½ turn over L shoulder, weight onto L

[9-16] Right Shuffle, Rock recover, Coaster Step, Pivot 1/4

1a2 Step R forward, step L beside R, step R forward
3a4 Rock/step L forward, Recover weight on R
5-6 Step back on L, Step R next to L, Step forward L
7&8 Step forward R, pivot 1/4 turn over L shoulder, weight onto L

Restart: Second time dancing Part B dance until count 16 and then restart Part B again.

[17-24] Right Cross Rock, side shuffle, Left Cross Rock, side shuffle

1-2 Rock/step R over L, Recover weight on L
3&4 Step R to R side, Step L beside R, Step R to R side
5-6 Rock/step L over R, Recover weight on R
7&8 Step L to L side, Step R beside L, Step L to L side

[25-32] R out L out, R in L in, hip bump R L, hip roll.

- 1-2 Step R slightly forward to R diagonal, Step L slightly forward to L diagonal
 - 3-4 Step R back in place, Step L back in place beside R
 - 5-6 Bump hips to side R and then L
 - 7-8 Roll hips anti clockwise for 2 counts. Weight ends on L.
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