

Like A Rock

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jean Bridgeman (UK)
音樂: Like a Rock to a Window - Darryl & Don Ellis



RIGHT & LEFT STRUTS, RIGHT & LEFT HEEL WALKS, STEP TOUCH

1-2 Step right toe forward, drop right heel taking weight
3-4 Step left toe forward, drop left heel taking weight
5-6 Step forward onto right heel, step forward onto left heel
7-8 Step right back to place, touch left beside right

LEFT & RIGHT STRUTS, LEFT & RIGHT HEEL WALKS, STEP TOUCH

9-10 Step left toe forward, drop left heel taking weight
11-12 Step right toe forward, drop right heel taking weight
13-14 Step forward onto left heel, step forward onto right heel
15-16 Step left back to place, touch right beside left

GRAPEVINE RIGHT, LEFT LOCK, ½ TURN LEFT WITH HITCH

17-18 Step right to right side, cross left behind right
19-20 Step right to right side, touch left beside right
21-23 Step forward left, lock right behind left, step forward left
24 On ball of left make ½ turn left hitching right knee

RIGHT LOCK, ¼ TURN RIGHT WITH HITCH, HEEL WALKS, BACK TOGETHER

25-27 Step forward right, lock left behind right, step forward right
28 On ball of right make ¼ turn right hitching left knee
29-30 Step forward onto left heel, step forward onto right heel
31-32 Step back left, step right beside left

CROSS STRUT, ¼ TURN LEFT STRUT BACK, SIDE STRUT, CROSS STRUT

33-34 Cross left toe over right, drop left heel taking weight
35-36 Make ¼ turn left stepping right toe back, drop right heel taking weight
37-38 Step left toe to left side, drop left heel taking weight
39-40 Cross right toe over left, drop right heel taking weight

BACK STRUT, ¼ TURN RIGHT STRUT, CROSS STRUT, ROCK ROCK

41-42 Step left toe back, drop left heel taking weight
43-44 Step right toe ¼ turn right, drop right heel taking weight
45-46 Cross left toe over right, drop left heel taking weight
47-48 Rock right to right side, rock onto left in place

RIGHT STRUT, STEP ½ PIVOT RIGHT, LEFT STRUT, STEP ½ PIVOT LEFT

49-50 Step right toe forward, drop right heel taking weight
51-52 Step forward left, pivot ½ turn right
53-54 Step left toe forward, drop left heel taking weight
55-56 Step forward right, pivot ½ turn left

OUT OUT, IN IN, HEEL SPLITS, TOE LIFTS

57-58 Step right out to right side, step left out to left side
59-60 Step right into center, step left into center
61-62 Split heels out to sides, bring heels back to center

63-64

Taking weight on both heels raise toes, lower toes

REPEAT
