

# 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**

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