

# Like A Rock

拍數: 48  
編舞者: Kathryn Rowlands (WLS)  
音樂: Badly Bent - The Tractors

牆數: 4

級數: Intermediate straight rhythm



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## TOE STRUTS, STEP, STEP, PIGEON TOES

- 1-2 Right cross strut
- 3-4 Left side strut
- 5-6 Step right foot beside left foot, step left foot beside right foot
- 7-8 Swivel heels out and in

## TOE STRUTS, TURN, TOUCH

- 1-2 Right side strut
- 3-4 Left cross strut
- 5-6 Right side strut making  $\frac{1}{4}$  turn right
- 7-8 Touch left toe beside right foot and pause

## ROCKING CHAIR, ROCK, RECOVER, CROSS, CLAP

- 1-4 Rock left foot forward, recover onto right foot, rock left foot back, recover onto right foot
- 5-8 Rock out left, recover right, cross left foot over right foot, pause and clap (weight on left foot)

## WEAVE, TURN, ROCK & TURN

- 1-4 Rock right foot behind left foot to begin weave to left ending with  $\frac{1}{4}$  turn left and weight on left foot
  - 5-8 Rock back on right foot, pause; making another  $\frac{1}{4}$  turn rock onto left foot, pause
- Counts 29-32 should give the effect of a rocking motion

## ROCKING CHAIR, ROCK, RECOVER, CROSS, CLAP

- 1-4 Rock right foot forward, recover onto left foot, rock right foot back, recover onto left foot
- 5-8 Rock out right, recover left, cross right foot over left foot, pause and clap (weight on right foot)

## TOE STRUTS, COASTER, SCUFF

- 1-2 Left toe strut back
- 3-4 Right toe strut back
- 5-8 Step back on left foot, step back on right foot, step forward on left foot and scuff the right foot past

REPEAT

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