

Off The Hook

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK)
音樂: I'm Hooked - The Dean Brothers



RIGHT HEEL & HOOK, RIGHT FORWARD SHUFFLE, LEFT HEEL & HOOK, LEFT FORWARD SHUFFLE

1-2 Touch right heel forward, hook right foot across left leg
3&4 Step right foot forward, step left foot together, step right foot forward
5-6 Touch left heel forward, hook left foot across right leg
7&8 Step left foot forward, step right foot together, step left foot forward

RIGHT ROCK FORWARD & RECOVER, 2 TURNING SHUFFLES BACK, RIGHT ROCK BACK & RECOVER

9-10 Right rock forward & recover, 2 turning shuffles back, right rock back & recover
11&12 Turning ½ right step right foot forward, step left foot together, step right foot forward
13&14 Turning ½ right step left foot forward, step right foot together, step left foot back
15-16 Rock step right foot back, recover weight on left foot

Option for those who don't like to turn - omit the ½ turns in counts 3&4 5&6 and simply shuffle back

RIGHT TOE TOUCHES FORWARD & SIDE, RIGHT HOOK BEHIND, ¼ LEFT, RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER

17-18 Touch right toes forward, touch right toes to right side
19-20 Hook right foot behind left leg, with right leg hooked turn ¼ left on the ball of left foot
21&22 Step right foot to right side, step left foot together, step right foot to right side
23-24 Rock left foot back, recover weight on right foot

LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER, ½ RIGHT MONTEREY TURN

25&26 Step left foot to left side, step right foot together, step left foot to left side
27-28 Rock step right foot back, recover weight on left foot
29-30 Touch right toes to right side, step right foot together while turning ½ right on ball of left foot
31-32 Touch left toes to left side, step left foot together

REPEAT
