

P. O. Q.

拍數: 32 牆數: 2 級數: Beginner social cha
編舞者: Jan Wyllie (AUS)
音樂: I Hear You Knocking - Shakin' Stevens



ROCK ROCK, TRIPLE STEP, ROCK ROCK, TRIPLE STEP

1-2-3&4 Rock/step forward on left, rock back on right, triple step on the spot left, right, left
5-6-7&8 Rock/step back on right, rock forward on left, triple step on the spot right, left, right

ROCK ROCK, ¼ TURN TRIPLE STEP, ROCK ROCK, ¼ TURN TRIPLE STEP

9-10 Rock/step forward on left, rock back on right
11&12 Making a ¼ turn left triple step on the spot left, right, left
13-14 Rock/step forward on right, rock back on left
15&16 Making a ¼ turn right triple step on the spot right, left, right

CROSS ROCK, TRIPLE STEP, CROSS ROCK, TRIPLE STEP

17-18 Cross/rock left over right, rock/return weight to right
19&20 Triple step on the spot left, right, left
21-22 Cross/rock right over left, rock/return weight to left
23&24 Triple step on the spot right, left, right

ROCK ROCK ¼ TURN TRIPLE STEP, ¼ TURN PIVOT, TRIPLE STEP

25-26 Rock/step forward on left, rock back on right
27&28 Making ¼ turn left triple step on the spot left, right, left
29-30 Step forward on right, pivot ¼ turn left transferring weight to left
31&32 Triple step on the spot right, left, right

REPEAT
