

R & R Rock

拍數: 48 牆數: 2 級數: Improver
編舞者: Ruthanne Diphillipo (USA) & Rich Murray (USA)
音樂: Don't Take Her She's All I Got - Tracy Byrd



SIDE SHUFFLES & ROCKS RIGHT, LEFT.

- 1&2 Right step to right, left step beside right, right step to right.
- 3-4 Left step back behind right, replace weight forward onto right (rock step)
- 5&6 Left step to left, right step beside left, left step to left.
- 7-8 Right step back behind left, replace weight forward on to left (rock step)

STEP KICKS FORWARD WITH FINGER SNAPS

- 9-10 Right step forward, left kick forward (finger snaps with both hands ear level when kicking)
- 11-12 Left step forward, right kick forward (finger snaps with both hands ear level when kicking)
- 13-16 Repeat steps 9-12.

ROCK STEP, TOGETHER, HEEL LIFTS, FORWARD THEN BACK.

- 17 Rock forward onto right.
- 18 Replace weight back on left.
- 19 Right step next to left.
- & 20 Lift heels of both feet up, drop heels down shifting weight to right foot
- 21 Rock back onto left.
- 22 Replace weight forward on right.
- 23 Left step next to right.
- &24 Lift heels of both feet up, drop heels down shifting weight to left foot

ROCK STEPS (RIGHT FOOT) FORWARD & BACK WITH CLAPS.

- 25 Rock forward onto right.
- 26 Replace weight back onto left and clap.
- 27 Rock back onto right.
- 28 Replace weight forward onto left and clap.
- 29-32 Repeat steps 25-28.

KICK-BALL CHANGE, STEP PIVOT (¼) LEFT, REPEAT.

- 33&34 Right kick forward, right step next to left, shift weight to left
- 35 Right step forward.
- 36 Pivot ¼ turn left.
- 37-40 Repeat steps 33-36

CROSS TOUCH RIGHT, THEN LEFT, MODIFIED JAZZ BOX, HEEL LIFTS

- 41 Right step cross in front of left.
- 42 Left toe touch to left side.
- 43 Left step cross in front of right.
- 44 Right toe touch to right side.
- 45 Right step cross in front of left.
- 46 Left step back.
- 47 Right step next to left.
- &48 Lift heels of both feet up, drop heels down shifting weight to left foot

REPEAT

