

R & R Rock For Two

拍數: 48 牆數: 0 級數:
編舞者: Rich Murray (USA) & Ruthanne Diphillipo (USA)
音樂: Don't Take Her She's All I Got - Tracy Byrd



Position: Sweetheart (side by side)

RIGHT SHUFFLE FORWARD ROCK STEP, LEFT SHUFFLE BACK, ROCK STEP

1&2 Right step forward, left step to instep of right, right step forward
3-4 Rock forward on to left, replace weight back on right
5&6 Left step back, right step back to instep of left, left step back
7-8 Rock back on right, replace weight forward on left

FOUR TURN STEP BRUSHES.

9 Right step ¼ turn right. (right & left hands raise above shoulders) (now facing OLOD)
10 Brush left foot forward.
11 Left step ¼ turn right. (facing RLOD) (hands above shoulders)
12 Brush right foot forward. (drop right hands)
13 Right step ¼ turn right. (facing ILOD) left hands down low front to back)
14 Brush left foot forward.
15 Left step ¼ turn right. (facing LOD) right hands above ladies head. Left hands shoulder height.
16 Right brush forward.

ROCK, REPLACE, TOGETHER, HEEL DROPS. (FORWARD THEN BACKWARD)

17-18 Rock forward on right, replace weight back on left
19 Right step back next to left. (weight on both feet)
&20 Raise heels up, drop heels down. Shifting weight to right foot
21-22 Rock back on left, replace weight forward on right
23 Left step forward next to right. (weight on both feet)
&24 Raise heels up, lower heels down. Weight shifting to left foot.

WALK RIGHT, LEFT, SHUFFLE, WALK LEFT, RIGHT, SHUFFLE.

25-26 Walk forward right, left
27&28 Right step forward, left step to instep of right, right step forward
29-30 Walk forward left, right
31&32 Left step forward, right step to instep of left, left step forward

KICK-BALL CHANGE, STEP RIGHT ½ PIVOT LEFT, REPEAT.

33&34 Right kick forward, right step down next to left, shift weight to left (kick ball change)
35 Right step forward. (dropping left hands.)
36 Pivot ½ turn left. (facing RLOD) picking up left hands behind ladies back and raise to shoulder.
37-40 Repeat steps 33 through 36.

CROSS TOUCHES, MODIFIED JAZZ BOX, HEEL DROPS.

41 Right cross in front of left.
42 Left touch to left side.
43 Left cross in front of right.
44 Right touch to right side.
45 Right cross in front of left.
46 Left step back.

47 Right step next to left. (weight on both feet).
&48 Lift heels up, drop heels down. Shifting weight to left foot.

REPEAT
