Rock And Roll Is King

級數: Intermediate

編舞者: Sharon Davies (UK)

拍數: 64

音樂: Rock 'N' Roll Is King - Electric Light Orchestra

STOMP, HEEL TWISTS, BACK, KICK, BACK, KICK

- 1-4 Stomp right foot forward, twist both heels to right, to center, to right
- 5-8 Step right foot back, kick left foot forward, step left foot back, kick

SLOW COASTER, KICK, FORWARD ROCK, BACK STEP AND KICK

- 1-4 Step right foot back, close left foot to right foot, step right foot forward, kick left foot forward
- 5-8 Rock left foot forward, replace weight onto right foot, step left foot forward, kick right foot forward

CROSSING SHUFFLES WITH SCUFFS

- 1-4 Cross right foot over left foot, step left foot to left side, cross right foot over left foot, scuff left foot forward and across right foot
- 5-8 Cross left foot over right foot, step right foot to right side, cross left foot over right foot, scuff right foot forward and across left foot

CROSS, POINT, CROSS, POINT, CROSS ROCKS

- 1-4 Cross right foot over left foot, point left foot to left side, cross left foot over right foot, point right foot to right side
- 5-8 Rock forward and across onto right foot, replace weight onto left foot, rock forward and across onto right foot, replace weight onto left foot

On walls 2 and 5, dance to here, add tag and commence from beginning

CHASSE ¼ TURN, BACK ROCK, CHASSE ½ TURN, BACK ROCK

- 1&2 Step right foot to right side, close left foot to right foot, making ¼ turn to left, step right foot back
- 3-4 Rock left foot back, replace weight onto right foot,
- 5&6 Making ¼ turn to right, step left foot to left side, close right foot to left foot, making ¼ turn to right, step left foot back
- 7-8 Rock right foot back, replace weight onto left foot

TOE STRUTS, TURNING LOCK STEP, SCUFF

- 1-4 Step right toe forward, drop right heel, step left toe forward, drop left heel
- 5-8 Making 1/8 turn to right, step right foot forward, lock left foot behind right foot, make 1/8 turn to right, step right foot forward, scuff left foot forward

JAZZ BOX, HEEL SPLIT, SUGARFOOT

- 1-4 Cross left foot over right foot, step right foot back, step left foot to side, close right foot to left foot
- 5-6 Split both heel out, return both heels to center
- 7-8 Taking weight onto left foot, touch right toe to left instep, touch right heel to left instep

PADDLE TURNS, HEEL AND TOE ROCKS

- 1-2 Step right toe forward, using a circular hip motion, make 1/4 turn to left rocking weight onto left foot
- 3-4 Repeat steps 1-2
- 5-8 Rock weight forward onto right heel, step left heel beside right, rock weight back onto right toe, step left toe beside right





牆數:4

REPEAT

TAG On walls 2 & 5, dance up to count 32 and add tag before commencing from beginning 1-4 Step right foot to right side, tap left foot beside right foot, step left foot to left side, tap right foot beside left foot