

Rock & Stroll

拍數: 32 牆數: 4 級數:
編舞者: Peter Heath (AUS)
音樂: Rock & Roll Dance Party Mix - Rick Trevino



STROLL, SCUFF, VINE, HITCH

1-2 Step right foot diagonal forward & right, lock left foot behind right foot
3-4 Step right foot diagonal forward & right, scuff left heel past right foot
5-6 Step left foot to left, cross right foot behind left foot
7-8 Step left foot to left, hitch right knee

REVERSE STROLL, TOUCH, VINE, STAMP

9-10 Step right foot diagonal back & right, lock left foot in front of right foot
11-12 Step right foot diagonal back & right, touch left foot to right foot
13-14 Step left foot to left, cross right foot behind left foot
15-16 Step left foot to left, stamp right foot alongside left foot (no weight)

(RIGHT) BACK ROCK 4, TURN ¼ LEFT & FORWARD ROCK 4

17-19 Rock back right foot, rock forward left foot, rock back right foot
20 Recover left foot
21-22 Turn ¼ left & rock forward right foot, rock back left foot
23-24 Rock forward right foot, recover left foot

BACK STROLL, STOMP, HEEL SPLITS, (RIGHT) HIP BUMP 2

25-26 Step right foot back, lock left foot in front of right foot
27 Step right foot back
28 Stomp left foot alongside right foot (with weight)
29-30 Twist both heels apart, twist both heels together
31-32 Bump hips right, bump hips left

REPEAT
