

Rock & Turn

拍數: 40 牆數: 4 級數: Beginner
編舞者: Michelle Morrison (AUS)
音樂: Turn Me Loose - Vince Gill



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| 1-4 | Stomp right beside left, hold, touch right toe to side, touch right beside left |
| 5-8 | Touch right heel forward 45 degrees, brush right heel up to left knee, touch right heel forward 45 degrees, step right beside left |
| 9-12 | Stomp left beside right, hold, touch left toe to side, touch left beside right |
| 13-16 | Touch left heel forward 45 degrees, brush left heel up to right knee, touch left heel forward 45 degrees, touch left beside right |
| 17-20 | Step left forward 45 degrees, touch right beside left, step right back 45 degrees, touch left beside right |
| 21-24 | Step left forward 45 degrees swaying hips forward, rock back onto right while swaying hips back, rock forward onto left while swaying hips forward, hold |
| 25-28 | Step back onto right, rock forward onto left, step forward on right, turn $\frac{1}{4}$ turn left |
| 29-32 | Step back onto left, rock forward onto right, step forward on left, turn $\frac{1}{4}$ turn right |
| 33-36 | Step back onto right, rock forward onto left, step forward on right, turn $\frac{1}{4}$ turn left |
| 37-40 | Step back onto left, rock forward onto right, step forward on left, hold |

REPEAT
