

# Rock-It

拍數: 72      牆數: 2      級數: Intermediate  
編舞者: Fred Rapoport (USA)  
音樂: Baby Likes to Rock It - The Tractors



## TURN-IT

- 1-2      Touch left to front, return to center
- 3-4      Touch left to left side, return to center
- 5-6      Touch right to front, return to center
- 7-8      Touch right to right side, cross right in front of left
- 9-10     Unwind a ½ turn to the left, hold for one beat
- 11-12    Touch left to front, return to center
- 13-14    Touch left to left side, return to center
- 15-16    Touch right to front, return to center
- 17-18    Touch right to right side, cross right in front of left
- 19-20    Unwind a ½ turn to the left, hold for one beat

## SWING-IT

- 21&22    Shuffle in place (left-right-left)
- 23&24    Shuffle in place (right-left-right)
- 25-26    Rock back left 45 degrees to left, rock forward right
- 27&28    Shuffle in place (left-right-left)
- 29&30    Shuffle in place (right-left-right)
- 31-32    Rock back left 45 degrees to left, rock forward right
- 33&34    Shuffle in place (left-right-left)
- 35&36    Shuffle in place (right-left-right)
- 37-38    Rock back left 45 degrees to left, rock forward right
- 39-40    Step left and pivot ¼ turn to the right on right
- 41-42    Step left and pivot ¼ turn to the right on right
- 43-44    Step left and pivot ¼ turn to the right on right
- 45-46    Step left and pivot ¼ turn to the right on right

## ROCK-IT

- 47-48    Hop right, pointing left to left side, hold one beat
- 49-50    Hop left, pointing right to right side, hold one beat
- 51        Hop right, pointing left to left side
- 52        Hop left, pointing right to right side
- 53        Hop right, pointing left to left side
- 54        Hop left, pointing right to right side
- 55        Cross right in front of left
- 56        Pivot ½ turn to the left on left
- 57-60    Clap twice, stomp twice (right, left)

## SLAP-IT

- 61-62    Cross right behind left, slap with left hand, return to center
- 63-64    Cross left behind right, slap with right hand, return to center

## TWIST-IT

- 65-68    Twist your hips back and forth as you lower into a squat position
- 69-72    Twist your hips back and forth as you rise back up

REPEAT

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