Rock On My Side

拍數: 48

級數: Intermediate

編舞者: Patrick Latendresse (CAN)

音樂: He Rocks - Wynonna

WALK TWICE, REVERSE SAILOR SHUFFLE, WALK TWICE, SAILOR SHUFFLE

- 1-2 Step forward right, step forward left
- 3&4 Cross right foot over left, step on ball of left to side, step on right to home
- 5-6 Step forward left, step forward right
- 7&8 Cross left foot behind right, step on ball right to side, step on left to home

CROSS, REVERSE MONTEREY TURN, SYNCOPATED POINT & TOUCH, COASTER-STEP

- 1-2 Cross right behind left, point left to left side
- 3 Pivoting ½ turn to left on the right foot then step left next to right
- 4 Point right foot to right side
- &5 Step right next to left, touch left foot to left side
- &6 Step left next to right, touch right foot to right side
- 7&8 Step back with right, step left next to right, step forward right

WALK TWICE, FORWARD SHUFFLE, ROCK-STEP, BACKWARD SHUFFLE

- 1-2 Step forward left, step forward right
- 3&4 Forward shuffle start on left (left, right, left)
- 5-6 Rock forward with right, recover onto left
- 7&8 Backward shuffle start on right (right, left, right)

COASTER-STEP, STEP FORWARD WITH ¼ TURN LEFT, TOUCH, ROLLING VINE (¾TURNL), COASTER-STEP

- 1&2 Step back with left, step right next to right, step forward left
- 3-4 Start ¼ turn left while step forward with right, touch left next to right
- 5-6 Start ¼ turn left when step on left, keep on turning to left ½ turn with step forward right
- 7&8 Step back with left, step right next to left, step forward left

STEP FORWARD WITH HIP BUMPS, STEP, PIVOT ½ TURN RIGHT, STEP FORWARD WITH HIP BUMPS, STEP PIVOT ½ TURN LEFT

- 1&2 Step forward on right with one bump hip, bump hip to back, bump hip forward
- 3-4 Step forward with left, pivot ½ turn right weight on right
- 5&6 Step forward on left with one bump hip, bump hip to back, bump hip forward
- 7-8 Step forward with right, pivot ½ turn left weight on left

SIDE SHUFFLE RIGHT, CROSS-ROCK FORWARD, SIDE SHUFFLE LEFT, CROSS-ROCK BEHIND

- 1&2 Shuffle to right side start on right (right, left, right)
- 3-4 Cross left in front of right, back on left
- 5&6 Shuffle to left side start on left (left, right, left)
- 7-8 Cross right behind left, back on left

REPEAT

TAG

Repeat the last eight counts once after the second wall.





牆數: 2