

Rock Solid

拍數: 64 牆數: 2 級數:
編舞者: Trevor Smith (AUS)
音樂: Rockin' The Rock - Larry Stewart



- 1-2 Left swivet and center
3-4 Right swivet and center
&5 Jump back at 45 degrees left onto left foot to tap right heel forward at 45 degrees right
&6 Jump feet back together
&7 Jump back at 45 degrees right onto right foot to tap left heel forward at 45 degrees left
&8 Jump feet back together
- 9-10 Jump backwards onto left foot, step right foot in beside left
11-12 Right knee roll
13-14 Left knee roll
15-16 Jump backwards onto right foot, step left foot in beside right
- 17-18 Swivel heels right, swivel toes right
19-20 Swivel heels right, raise left foot up behind & slap heel with right hand
21-22 Swivel heels left, swivel toes left
23-24 Swivel heels left, raise right foot up behind & slap heel with left hand
- 25 Step forward onto right foot
26 Scoot forward on right foot as you hitch left knee & slap it with right hand
27 Step forward onto left foot
28 Scoot forward on left foot as you hitch right knee & tipping hat while touching it with left hand
29-30 Repeat steps 25 & 26
31-32 Step forward on left foot, hitch right knee while tipping hat touching brim with left hand
- 33 Turn a ½ turn right as you step backwards onto right foot
34 Scoot on right foot as you hitch left knee while sweeping hat brim
35 Turn a ½ turn right as you step backwards onto left foot
36 Scoot on left foot as you hitch right knee
- The following backwards heel switches are performed as you travel backwards**
- 37 Jump backwards onto left foot tapping left heel forward at 45 degrees left
38 Jump backwards onto right foot tapping right heel forward at 45 degrees right
39 Jump backwards onto left foot tapping left heel forward at 45 degrees left
40 Jump backwards bringing feet together
- 41-42 Cross right foot over left, hold
43-44 Pivot a ½ turn right ending weight on right foot
45-46 Cross left foot behind right, hold
47-48 Pivot a ½ turn left ending weight on left foot
- 49-50 Touch right toe in front, hitch right knee in front
51-52 Touch right toe out to right side, hitch right knee out to right side
53-54 Touch right toe behind, hitch right knee behind
55-56 Touch right toe out to right side, hitch right knee out to right side
- 57 Step forward onto right foot turning shoulder so as to look over right shoulder & elbow
58 Lock left foot up to & behind right heel keeping head & shoulders in position

- 59 Step forward onto right foot turning shoulder so as to look over right shoulder & elbow
- 60 Pivot ½ turn right on ball of right foot as you hitch left knee
- 61 Step forward onto left foot turning shoulder so as to look over left shoulder & elbow
- 62 Lock right foot up to & behind left heel keeping head & shoulders in position
- 63-64 Step forward onto left foot, stomp right foot in beside left

REPEAT
