

Rock The Boat

拍數: 144 牆數: 2 級數: Intermediate/Advanced
編舞者: Michael Vera-Lobos (AUS)
音樂: Rock the Boat - Chris Cagle



RIGHT KICK BALL CHANGE, RIGHT KICK BALL CHANGE, FULL TURN, SHUFFLE

- 1&2-3&4 Travel: kick right forward, step right beside left, step forward on left, kick right forward, step right beside left, step forward left
- 5-6-7&8 Travel forward: step forward right turning ½ turn left, step back left turning ½ turn left, shuffle forward right (right, left, right)

LEFT KICK BALL CHANGE, LEFT KICK BALL CHANGE, STEP HALF PIVOT, FULL TURN

- 1&2-3&4 Travel: kick left forward, step left beside right, step forward right, kick left forward, step left beside right, step forward right
- 5-6-7-8 Step forward left, pivot ½ turn right, step forward left turning ½ turn right, step back right turning ½ turn right

STOMP, HOLD, STOMP, HOLD, CROSS, SIDE, HEEL, BALL CROSS, SIDE, HEEL

- 1-2-3-4 Stomp forward left, hold, stomp forward right, hold
- 5&6&7&8 Cross left over right, step right to right touching left heel to left, step left to left cross right over left, step left to left, touch right heel to right side

BALL STEP, ROCK BACK, ½ SHUFFLE, HALF TURN, STEP BACK, COASTER

- &1-2-3&4 Step on ball of right rocking forward left, rock back on right, turning ½ turn left shuffle forward left (left, right, left)
- 5-6-7&8 Step forward right turning ½ turn left, step back left, coaster-step back right, step left beside right, step forward right

LEFT KICK BALL CHANGE, LEFT KICK BALL CHANGE, FULL TURN, SHUFFLE

- 1&2-3&4 Travel: kick left forward, step left beside right, step forward on right, kick left forward, step left beside right, step forward right
- 5-6-7&8 Travel forward: step forward left turning ½ turn right, step back right turning ½ turn right, shuffle forward left (left, right, left)

RIGHT KICK BALL CHANGE, RIGHT KICK BALL CHANGE, STEP HALF PIVOT, FULL TURN

- 1&2-3&4 Travel: kick right forward, step right beside left, step forward left, kick right forward, step right beside left, step forward left
- 5-6-7-8 Step forward right, pivot ½ turn left, step forward right turning ½ turn left, step back left turning ½ turn left

STOMP, HOLD, STOMP, HOLD, CROSS, SIDE, HEEL, BALL CROSS, SIDE, HEEL

- 1-2-3-4 Stomp forward right, hold, stomp forward left, hold
- 5&6&7&8 Cross right over left, step left to left touching right heel to right, step right to right cross left over right, step right to right, touch left heel to left side

BALL STEP, ROCK BACK, ½ SHUFFLE, HALF TURN, STEP BACK, COASTER

- &1-2-3&4 Step on ball of left rocking forward right, rock back on left, turning ½ turn right shuffle forward right (right, left, right)
- 5-6-7&8 Step forward left turning ½ turn right, step back right, coaster-step back left, step right beside left, step forward left

RIGHT HEEL, TOE, HEEL, TOE, KICK BALL CHANGE FULL TURN FORWARD

- 1-2-3-4 Travel right: touch right heel beside left, touch right toe beside left, touch right heel beside left, touch right toe beside left
- 5&6-7-8 Travel forward: kick right forward, step right beside left, step forward left, step forward right turning ½ turn left, step back on left turning ½ turn left

RIGHT HEEL, TOE, HEEL, TOE, KICK BALL CHANGE FULL TURN FORWARD

- 1-2-3-4 Travel right: touch right heel beside left, touch right toe beside left, touch right heel beside left, touch right toe beside left
- 5&6-7-8 Travel forward: kick right forward, step right beside left, step forward left, step forward right turning ½ turn left, step back on left turning ½ turn left

ROCK FORWARD, ROCK BACK, ½ SHUFFLE, ¼ SIDE SHUFFLE, RIGHT SAILOR

- 1-2-3&4 Rock forward right, rock back on left, turning ½ turn right shuffle forward right stepping right, left, right
- 5&6-7&8 ¼ side shuffle, right sailor

LEFT SAILOR, ROCK BEHIND, ROCK FORWARD, ¼, ½, SHUFFLE FORWARD

- 1&2-3-4 Cross left behind right, rock right to right, rock weight center on left, rock right behind left, rock forward left
- 5-6-7&8 Step right to right turning ¼ turn left, step back on left turning ½ turn left, shuffle forward right (right, left, right)

ROCK FORWARD, ROCK BACK, ½ SHUFFLE, ¼ SIDE SHUFFLE, LEFT SAILOR

- 1-2-3&4 Rock forward left, rock back on right, turning ½ turn left shuffle forward left stepping left, right, left
- &5&6-7&8 Turn ¼ turn left, side shuffle right stepping right, left, right, cross left behind right, rock right to right, rock weight left

RIGHT SAILOR, ROCK BEHIND, ROCK FORWARD, ¼, ½, SHUFFLE FORWARD

- 1&2-3-4 Cross right behind left, rock left to left, rock weight center on right, rock left behind right, rock forward right
- 5-6-7&8 Step left to left turning ¼ turn right, step back on right turning ½ turn right, shuffle forward left (left, right, left)

SIDE SHUFFLE RIGHT, ROCK ACROSS/BACK, ¼ STEP HITCH, FULL TURN HITCH

- 1&2-3-4 Side shuffle right stepping right, left, right, cross rock left over right, rock weight back on right foot
- 5-6-7-8 Step left to left turning ¼ turn left, hitch right foot, step forward right turning full turn left, hitch left

OUT, OUT, CLAP, SIDE, CROSS, CLICK, UNWIND, SHIMMY, BALL JACK & TAP

- &1-2 Jump feet apart left, right (hold & clap)
- &3-4 Step left to left crossing right over left (hold and click fingers shoulder height)
- 5-6 Unwind ½ turn left as you shimmy shoulders for 2 counts (end weight left)
- &7&8 Jump back on right touching left heel 45 degrees left, step left to center tapping right beside left

SIDE SHUFFLE RIGHT, ROCK ACROSS/BACK, ¼ STEP HITCH, FULL TURN HITCH

- 1&2-3-4 Side shuffle right stepping right, left, right, cross rock left over right, rock weight back on right foot
- 5-6-7-8 Step left to left turning ¼ turn left, hitch right foot, step forward right turning full turn left, hitch left

OUT, OUT, CLAP, SIDE, CROSS, CLICK, UNWIND, SHIMMY, BALL JACK & TAP

- &1-2 Jump feet apart left, right (hold & clap)
- &3-4 Step left to left crossing right over left (hold and click fingers shoulder height)

5-6

Unwind $\frac{1}{2}$ turn left as you shimmy shoulders for 2 counts (end weight left)

&7&8

Jump back on right touching left heel 45 degrees left, step left to center tapping right beside left

REPEAT
