

Rock This Bar

拍數: 48 牆數: 4 級數: Improver
編舞者: Michael Jay
音樂: Play Something Country - Brooks & Dunn



HEEL AND TOE TOUCHES

- 1-2 Touch right heel forward, touch right toe next to left foot
- 3-4 Touch right toe to right side, step right foot next to left (home)
- 5-6 Touch left toe to left side, touch left toe next to right foot
- 7-8 Touch left heel forward, step left foot next to right (home)

ROCK STEP AND CROSS SHUFFLE RIGHT-LEFT-RIGHT

- 9-10 Step to right with right foot, rock left onto left foot
- 11&12 Cross right over left, step to left with left, cross right over left

GRAPEVINE LEFT WITH ¼ TURN AND SHUFFLE

- 13-14 Step to left with left foot, step behind left with right foot
- 15&16 ¼ turn left, shuffling forward left-right-left

STEP PIVOT LEFT AND SHUFFLE

- 17-18 Step forward on right foot, ½ pivot turn left, shifting weight to left foot
- 19&20 Shuffle forward right-left-right

ROCK STEP AND HALF TURN LEFT SHUFFLE

- 21-22 Step forward on left foot, rock back onto right foot
- 23&24 ½ turn left while shuffling left-right-left

CROSS & TOUCHES

- 25-26 Cross right foot over left, touch left toe to left side
- 27-28 Cross left foot over right, touch right toe to right side

JAZZ BOX WITH ¼ TURN AND SHUFFLE

- 29-30 Cross right foot over left, step back on left foot
- 31&32 ¼ turn right, shuffling right-left-right to right side

CROSS STEP AND LEFT SAILOR STEP

- 33-34 Cross left foot over right, step to right on right foot
- 35&36 Step behind right with left foot, step to right on right foot, step left with left foot

SWAYS

- 37-38 Step slightly forward on right foot swaying right, sway left
- 39-40 Sway right, sway left

JAZZ BOX WITH ¼ TURN RIGHT

- 41-42 Cross right foot over left, step back on left foot
- 43-44 ¼ turn right while stepping on right foot, step left foot next to right

RIGHT KICK-BALL-CHANGE, STOMPS

- 45&46 Kick right foot forward, step on right foot, shift weight to left foot
- 47-48 Stomp right foot, stomp left foot

REPEAT

