

# Rock This Town

拍數: 0                      牆數: 1                      級數: Advanced  
編舞者: Mona Arvidson (USA)  
音樂: Rock This Town - Stray Cats



Sequence: AB, AB, A(1-8), CDA, B(with variation), A(1-8), CDA, C, Ending  
Start on count 17 of the music

## PART A

### RUN LEFT, KICK 2X

- 1-4                      Start on right foot, 4 runs towards 9:00 (right, left, right, left)
- 5                        Kick right leg forward
- 6                        Step right
- 7                        ½ turn left (face 3:00) kick left leg forward
- 8                        Step left

When only doing the 1st 8 counts of Part A, do ¼ turn left as you are stepping right on count 6 (face 6:00) and then the ½ turn left on count 7 brings you back to facing 12:00 for the left leg kick

### RUN RIGHT, KICK 2X

- 1-4                      Start on right foot, 4 runs towards 3:00 (right, left, right, left)
- 5                        Kick right leg
- 6                        Step right
- 7                        ¼ turn left (face 12:00) kick left leg
- 8                        Step left

### HIP PUSHES RIGHT AND LEFT

- 1                        Step with right towards 1:30 and thrust right hip towards 1:30
- 2                        Step together with left, rock hips back
- 3                        Step with right towards 1:30 and thrust right hip towards 1:30
- 4                        Hop on right
- 5                        Step with left towards 10:30 and thrust left hip towards 10:30
- 6                        Step together with right, rock hips back
- 7                        Step with left towards 10:30 and thrust left hip towards 10:30
- 8                        Hop on left

### SWIVELS

- 1                        Tap right next to left
- 2                        Swivel both hips right as you step right (towards 3:00, body still facing 12:00)
- 3                        Tap left next to right
- 4                        Swivel both hips left as you step left (towards 9:00, body still facing 12:00)
- 5                        Swivel both hips right as you step right (towards 3:00, body still facing 12:00)
- 6                        Swivel both hips left as you step left (towards 9:00, body still facing 12:00)
- 7                        Swivel both hips right as you step right (towards 3:00, body still facing 12:00)
- 8                        Swivel both hips left as you step left (towards 9:00, body still facing 12:00)

## PART B

### CROSSING TAP STEPS

- 1                        Tap right foot to side
- 2                        Step side on right foot
- 3                        Cross left over right and tap left
- 4                        Step on left
- 5                        Tap right foot to side

- 6 Step side on right foot
- 7 Cross left over right and tap left
- 8 Step on left

#### HEEL SWIVELS 4X

- 1 Step right foot to the side
- 2 Cross left over right and step on left foot
- 3 With weight on left heel, swivel hips left and step onto right foot
- 4 Cross left over right and step on left foot
- 5 With weight on left heel, swivel hips left and step onto right foot
- 6 Cross left over right and step on left foot
- 7 With weight on left heel, swivel hips left and step onto right foot
- 8 Cross left over right and step on left foot

#### TURNING TAP STEPS

- 1 Tap right foot to side
- 2 Step side on right foot
- 3 ¼ turn left (face 9:00), tap left foot to side (towards 6:00)
- 4 Step onto left foot
- 5 ¼ turn left step (face 6:00), tap right foot to side (towards 9:00)
- 6 Step side on right foot
- 7 ½ turn left (face 12:00), and tap left foot to side (towards 9:00)
- 8 Step on left

#### VINE LEFT

- 1 Cross right over left and step onto right foot
- 2 Step left to side
- 3 Cross right behind left and step onto right foot
- 4 Step left to side
- 5 Cross right over left and step onto right foot
- 6 Step left to side
- 7 Cross right behind left and step onto right foot
- 8 Step left to side

#### APPLE JACKS

Or substitute 8 counts of your choice

- 1 With weight on left ball and right heel, swivel left heel in and right toe out
- 2 Swivel left heel out and right toe in and change weight to left heel and right ball
- 3 Swivel left toe out and right heel in
- 4 Swivel left toe in and right heel out and change weight to left toe and right heel
- 5 Swivel left heel in and right toe out
- 6 Swivel left heel out and right toe in and change weight to left heel and right ball
- 7 Swivel left toe out and right heel in
- 8 Swivel left toe in and right heel out

Variation on 3rd rendition of part b to match the breaks in the music replace apple jacks with:

- 1 Jump with feet apart, body facing 9:00, look over right shoulder at 12:00
- 2 Look towards 9:00
- 3 Look back towards 12:00
- 4 Hold
- 5 Jump with feet apart, body facing 3:00, look over left shoulder at 12:00
- 6 Look towards 3:00
- 7 Look back towards 12:00
- 8 Hold

## **JUMP TOGETHER, APART, HIP CIRCLES**

- 1-2 Jump forward, both feet together
- 3-4 Jump both feet apart
- 5 Hips forward
- 6 Hips right
- 7 Hips back
- 8 Hips left (transfer weight to left foot)

## **STEP CLAP 4X**

- 1 Step right
- 2 Clap
- 3 Step left
- 4 Clap
- 5 Step right
- 6 Clap
- 7 Step left
- 8 Clap

## **PART C**

### **CHARLESTON KICK, RIGHT LEG**

- 1-2 Kick right leg forward
- 3-4 Step right next to left
- 5-6 Kick left leg back
- 7 Step left next to right
- 8 Step right next to left

### **HIP BUMPS IN CIRCLE**

- 1 ¼ turn right (face 3:00), touch left foot to side and bump left hip towards 12:00
- 2 Recover weight onto right foot
- 3 ¼ turn right (face 6:00), touch left foot to side and bump left hip towards 3:00
- 4 Recover weight onto right foot
- 5 ¼ turn right (face 9:00), touch left foot to side and bump left hip towards 6:00
- 6 Recover weight onto right foot
- 7 ¼ turn right (face 12:00), step onto left foot and bump left hip towards 9:00
- 8 Hold

### **CHARLESTON KICK, RIGHT LEG**

- 1-2 Kick right leg forward
- 3-4 Step right next to left
- 5-6 Kick left leg back
- 7 Step left next to right
- 8 Step right next to left

### **ARM PUSHES IN CIRCLE**

- 1 ¼ turn right (face 3:00), touch left foot to side and raise both arms up towards 12:00
- 2 Recover weight onto right foot
- 3 ¼ turn right (face 6:00), touch left foot to side and raise both arms up towards 3:00
- 4 Recover weight onto right foot
- 5 ¼ turn right (face 9:00), touch left foot to side and raise both arms up towards 6:00
- 6 Recover weight onto right foot
- 7 ¼ turn right (face 12:00), step onto left foot and raise both arms up towards 9:00
- 8 Hold

### **STEP, STEP, KNEE SWIVELS**

- 1-2 Step to the right side with right foot
- 3-4 Step to the left side with left foot
- 5 Swivel right knee left
- 6 Recover
- 7 Swivel right knee left
- 8 Recover

### **JUMP, TWIST TURN, BOOGIE WALKS 4X FORWARD**

- 1-2 Jump onto both feet with left foot crossed over right foot (facing 12:00)
- 3-4 Unwind to right, end with weight on left foot (end up facing 12:00)
- 5 Walk forward right, arms point down, right shoulder up
- 6 Walk forward left, arms point down, left shoulder up
- 7 Walk forward right, arms point down, right shoulder up
- 8 Walk forward left, arms point down, left shoulder up

### **CHARLESTON KICK**

- 1-2 Kick right leg forward
- 3-4 Step right next to left
- 5-6 Kick left leg back
- 7 Step left next to right
- 8 Step right next to left

### **BACKWARD SWIVEL WALKS**

- 1-2 Step back towards 7:30 with left foot, swivel hips to right and lift right toe
- 3-4 Step back towards 4:30 with right foot, swivel hips to left and lift left toe
- 5-6 Step back towards 7:30 with left foot, swivel hips to right and lift right toe
- 7-8 Step back towards 4:30 with right foot, swivel hips to left and lift left toe

### **PART D**

#### **TAP LEFT 3X, KICK, STEP, STEP**

- 1 Tap left foot towards 10:30
- 2 Tap left foot towards 10:30
- 3 Tap left foot towards 10:30
- 4 Hold
- 5 Step onto left foot towards 10:30
- 6 Step back on right foot and kick left leg towards 10:30
- 7 Cross left behind right and step onto left foot
- 8 Step right foot to side

### **JAZZ BOX**

- 1-2 Cross left over right and step onto left
- 3-4 Step back on right
- 5-6 Step side on left
- 7-8 Step together on right

### **CROSS UNWIND 2X**

- & Jump onto left foot towards 12:00 (body facing approx. 1:30)
- 1 Cross right behind left
- 2 Hold
- 3-4 Unwind to right, end with weight on right facing 12:00
- & Jump onto left foot towards 12:00 (body facing approx. 1:30)
- 5 Cross right behind left
- 6 Hold
- 7-8 Unwind to right, end with weight on left facing 12:00

## **JUMP FORWARD, BACK, SHIMMIES FORWARD**

- & Jump forward onto right
- 1 Bring left together with right
- 2 Clap
- & Jump back onto right
- 3 Bring left together with right
- 4 Clap
- &5 Small jump forward (right, left) and shimmy shoulders
- &6 Small jump forward (right, left) and shimmy shoulders
- &7 Small jump forward (right, left) and shimmy shoulders
- &8 Small jump forward (right, left) and shimmy shoulders

## **TAP RIGHT 3X, PARTIAL VINE LEFT**

- 1 Tap right foot towards 1:30
- 2 Tap right foot towards 1:30
- 3 Step right foot towards 1:30 (take weight)
- 4 Hold
- 5 Step left foot side
- 6 Cross right behind left and step onto right
- 7 Step left foot side
- 8 Hold

## **KICK STEP 2X, SCISSORS 3X**

- 1 Kick right leg towards 10:30
- 2 Step onto right foot (still facing 10:30)
- 3 Kick left leg towards 10:30
- 4 Step onto left foot (still facing 10:30)
- 5 Jump onto right foot (still facing 10:30) and kick left leg back
- 6 Jump onto left foot (still facing 10:30) and kick right leg back
- 7 Jump onto right foot (still facing 10:30) and kick left leg back
- 8 Hold

## **PUSHES TO LEFT, 4X**

- 1 Step towards 9:00 with left foot, putting weight on ball of foot only ("push" arms forward like you are pushing a wall away from you)
- 2 Step right foot together with left foot (relax arms)
- 3 Step towards 9:00 with left foot, putting weight on ball of foot only ("push" arms forward like you are pushing a wall away from you)
- 4 Step right foot together with left foot (relax arms)
- 5 Step towards 9:00 with left foot, putting weight on ball of foot only ("push" arms forward like you are pushing a wall away from you)
- 6 Step right foot together with left foot (relax arms)
- 7 Step towards 9:00 with left foot, transfer weight completely ("push" arms forward like you are pushing a wall away from you)
- 8 Hold (relax arms)

## **ENDING**

### **CHARLESTON KICK, LEFT LEG**

- 1-2 Kick left leg forward
- 3-4 Step left next to right
- 5-6 Kick right leg back
- 7 Step right next to left
- 8 Step left next to right

## **BACKWARD SWIVEL WALKS**

- 1-2 Step back towards 4:30 with right foot, swivel hips to left and lift left toe
- 3-4 Step back towards 7:30 with left foot, swivel hips to right and lift right toe
- 5-6 Step back towards 4:30 with right foot, swivel hips to left and lift left toe
- 7-8 Step back towards 7:30 with left foot, swivel hips to right and lift right toe

## **CHARLESTON KICK, RIGHT LEG**

- 1-2 Kick right leg forward
- 3-4 Step right next to left
- 5-6 Kick left leg back
- 7 Step left next to right
- 8 Step right next to left

**Run forward, arms up on "whoa", paddle turn in place, hit ending pose of your choice**

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