

Rock This!!

拍數: 48 牆數: 4 級數:
編舞者: Scott Blevins (USA)
音樂: Rocky Top '96 (Championship Mix) - The Osborne Brothers



STEP, DRAG, STEP, DRAG, BACK FOUR

- 1 Step right foot forward at a 45 degree angle right while bending knees slightly and dipping hips
- 2 Slide left foot next to right foot while bringing hips up and straightening knees and clap at the same time (weight is on right)
- 3 Step left foot forward at a 45 degree angle right while bending knees slightly and dipping hips
- 4 Slide right foot next to left foot while bringing hips up and straightening knees and clap at the same time (weight is on left)
- 5 Walk back right
- 6 Walk back left
- 7 Walk back right
- 8 Walk back left

TRIPLE STEP, COASTER STEP, STEP, PIVOT $\frac{3}{4}$, STEP, DRAG AND CLAP

- 9 Step right foot to right side
- & Step left foot next to right foot
- 10 Step right foot to right side
- 11 Step left foot back
- & Step right foot next to left foot
- 12 Step left foot left while making a $\frac{1}{4}$ turn left
- 13 Step right foot forward
- 14 Pivot $\frac{3}{4}$ turn left (weight is on left)
- 15 Step a large step right with right foot
- 16 Drag left foot to right foot and clap at the same time (weight is on right)

TRIPLE STEP, COASTER STEP, STEP, PIVOT $\frac{3}{4}$, STEP, DRAG AND CLAP

- 17 Step left foot to left side
- & Step right foot next to left foot
- 18 Step left foot to left side
- 19 Step right foot back
- & Step left foot next to right foot
- 20 Step right foot right while making a $\frac{1}{4}$ turn right
- 21 Step left foot forward
- 22 Pivot $\frac{3}{4}$ turn right (weight is on r)
- 23 Step a large step left with left foot
- 24 Drag right foot to left foot and clap at the same time (weight is on left)

HIP BUMPS, HIP GRINDS

- 25 Bump right hip to right
- 26 Bump right hip to right
- 27 Bump left hip to left
- 28 Bump left hip to left
- 29-30 Grind (circle) hips one rotation to the left for two counts
- 31-32 Grind (circle) hips two rotations to the left in two counts (weight is on left)

ROCK, RECOVER, ROCK BACK, RECOVER, STEP, PIVOT $\frac{1}{2}$, POINT & POINT

- 33 Step (rock) forward with right foot
- 34 Shift (rock) weight on to left foot
- 35 Step (rock) back with right foot
- 36 Shift (rock) weight on to left foot
- 37 Step forward with right foot
- 38 Pivot $\frac{1}{2}$ turn left on the ball of right foot (keeping weight on right foot)
- 39 Touch (point) left foot to left side
- & Step left foot next to right foot
- 40 Touch (point) right foot to right side

TOE POINTS, $\frac{1}{4}$ TURN KICK-BALL-CHANGE, STEP, PIVOT $\frac{1}{2}$, STOMP

- & Step right foot next to left foot
- 41 Touch (point) left foot to left side
- 42 Touch (point) left foot forward at a 45 degree angle right and crossing in front of right foot
- 43 Touch (point) left foot to left side (weight is on right)
- 44 Make a $\frac{1}{4}$ turn right pivoting on the ball of right foot while kicking left foot forward
- & Step ball of left foot next to right foot
- 45 Change weight to right foot
- 46 Step forward with left foot
- 47 Pivot $\frac{1}{2}$ turn right (weight is on right)
- 48 Stomp left foot next to right foot and clap at the same time

REPEAT
