

Rock, Then Roll

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: The British Are Comin' - Ronnie Beard



TOE TOUCHES, STEP, HOLDS

- 1-2 Touch right toe forward; touch right toe next to left instep
- 3-4 Touch right toe out to the side; touch right toe next to left instep
- 5-6 Step forward on right foot; hold and clap hands diagonally to the right at eye level
- 7-8 Step forward on left foot; hold and clap hands diagonally to the left at eye level

KNEE POPS, ROLLING TURN TO THE RIGHT, TOUCH

Keep weight on left foot during counts 9-12

- 9-10 Raise up on right heel and pop (bend) right knee inward; hold
- 11-12 Straighten right knee while popping (bending) left knee inward keeping left foot on floor; hold
- 13-14 Step to the right on right foot and begin a full to the right rolling turn traveling to the right; step on left foot and continue full to the right rolling turn
- 15-16 Step on right foot and complete full to the right rolling turn; touch left foot next to right

DIAGONAL STEP-SLIDE WITH TURN, TOUCH, HIP BUMPS

- 17-18 Step forward and diagonally to the left on left foot; slide right foot up next to left and step
- 19-20 Step forward and diagonally to the left on left foot making a ¼ turn to the left with the step; touch right foot next to left
- 21-22 Bump hips to the right; bump hips to the left
- 23-24 Bump hips to the right; bumps hips to the left

SIDE STEPS RIGHT, TOUCH, TO THE LEFT ROLLING TURN LEFT, TOUCH

- 25-26 Step to the right on right foot; step left foot next to right
- 27-28 Step to the right on right foot; touch left foot next to right
- 29-30 Step to the left on left foot and begin a full to the left rolling turn traveling to the left; step on right foot and continue full to the left rolling turn
- 31-32 Step on left foot and complete full to the left rolling turn; touch right foot next to left

REPEAT
