

# Rocka Hula

拍數: 80      牆數: 4      級數: Intermediate  
編舞者: Robbie McGowan Hickie (UK)  
音樂: Rock A Hula Baby - The Deans



## INTRO

### FORWARD ROCKS, SIDE ROCKS, SLOW COASTER STEPS WITH HOLDS (LEFT & RIGHT)

1-4            Rock forward on left, rock back on right, rock left to left side, recover weight on right  
5-8            Step back on left, step right beside left, step forward on left, hold  
9-12          Rock forward on right, rock back on left, rock right to right side, recover weight on left  
13-16         Step back on right, step left beside right, step forward on right, hold

### STEP, PIVOT ½ TURN RIGHT, STEP, HOLD, STEP, PIVOT ½ TURN LEFT, HOLD, LOCK STEP FORWARD, SCUFF (LEFT & RIGHT)

1-4            Step forward on left, pivot ½ turn right, step forward on left, hold  
5-8            Step forward on right, pivot ½ turn left, step forward on right, hold  
9-12          Step forward on left, lock right behind left, step forward on left, scuff right forward  
13-16         Step forward on right, lock left behind right, step forward on right, scuff left forward

### FORWARD ROCK, STEP BACK, HOLD, SLOW SHUFFLE ½ TURN RIGHT WITH HOLD TWICE, SLOW RIGHT COASTER CROSS, HOLD

1-4            Rock forward on left, rock back on right, step back on left, hold  
5-8            Right shuffle back turning ½ turn right stepping right, left, right, hold  
9-12          Left shuffle forward turning ½ turn right stepping left, right, left, hold  
13-16         Step back on right, step left beside right, cross step right over left, hold

### SIDE TOE STRUT, CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD (LEFT & RIGHT)

1-2            Step left toe to left side, drop left heel to floor  
3-4            Cross step right toe over left, drop right heel to floor  
5-8            Rock left to left side, recover weight on right, cross step left over right, hold  
9-10          Step right toe to right side, drop right heel to floor  
11-12         Cross step left toe over right, drop left heel to floor  
13-16         Rock right to right side, recover weight on left, cross step right over left, hold

End of introduction

## THE MAIN DANCE

### LEFT SIDE, TOGETHER, FORWARD, HOLD, FORWARD ROCK, HALF TURN RIGHT, HOLD

1-4            Step left to left side, close right beside left, step forward on left, hold  
5-6            Rock forward on right, rock back on left  
7-8            Turn ½ turn right stepping forward on right, hold, (facing 6:00)

### LEFT SIDE, TOGETHER, FORWARD, HOLD, FORWARD ROCK, HALF TURN RIGHT, HOLD

1-4            Step left to left side, close right beside left, step forward on left, hold  
5-6            Rock forward on right, rock back on left  
7-8            Turn ½ turn right stepping forward on right, hold, (facing 12:00)

### LEFT LOCK STEP FORWARD, HOLD, HIP BUMPS X 4

1-4            Step forward on left, lock right behind left, step forward on left, hold  
5-8            Touch right toe forward bumping hips right, left, right, left, (weight on left)

### SLOW RIGHT COASTER STEP, HOLD, FORWARD ROCK, QUARTER TURN LEFT, HOLD

1-4            Step back on right, step left beside right, step forward on right, hold

- 5-6 Rock forward on left, rock back on right  
7-8 Turn ¼ turn left stepping left to left side, hold, (facing 9:00)

**WEAVE LEFT, HOLD, SWEEP BEHIND, SIDE, CROSS, HOLD**

- 1-4 Cross step right over left, step left to left side, cross right behind left, hold  
5-6 Sweep left out and around crossing behind right, step right to right side  
7-8 Cross step left over right, hold

**RIGHT SCISSORS, HOLD AND CLAP, LEFT SCISSORS, HOLD AND CLAP**

- 1-2 Step right to right side, close left beside right and slightly back  
3-4 Cross step right over left, hold and clap  
5-6 Step left to left side, close right beside left and slightly back  
7-8 Cross step left over right, hold and clap

**RIGHT SIDE, TOGETHER, BACK, HOLD, SLOW LEFT SHUFFLE HALF TURN LEFT, HOLD**

- 1-4 Step right to right side, close left beside right, step back on right, hold  
5-8 Slow left shuffle back turning ½ turn left stepping left, right, left, hold, (facing 3:00)

**FORWARD ROCK, POINT, HOLD, BEHIND, SIDE, CROSS, HOLD**

- 1-4 Rock forward on right, rock back on left, point right toe out to right side, hold  
5-8 Cross right behind left, step left to left side, cross step right over left, hold

**LEFT SIDE TOE STRUT, RIGHT CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD**

- 1-2 Step left toe to left side, drop left heel to floor  
3-4 Cross step right toe over left, drop right heel to floor  
5-8 Rock left to left side, recover weight on right, cross step left over right, hold

**RIGHT SIDE TOE STRUT, LEFT CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD**

- 1-2 Step right toe to right side, drop right heel to floor  
3-4 Cross step left toe over right, drop left heel to floor  
5-8 Rock right to right side, recover weight on left, cross step right over left, hold

**REPEAT**

For an easier version of this dance, see my script for "Don't Forget"

**ENDING**

The music slows way down during wall 6 of main dance (facing 3:00). Dance to count 32 (you will then be facing 12:00 wall). Hold position (weight is on left) then on the word "rockin", proceed as follows:  
**FORWARD ROCK, COASTER STEP (RIGHT & LEFT), STEP, PIVOT ½ TURN LEFT TWICE, FORWARD ROCK, BACK, HOLD**

- 1-2 Rock forward on right, rock back on left  
3&4 Step back on right, step left beside right, step forward on right  
5-8 Repeat above counts 1 - 4 on opposite foot  
9-12 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left  
13-14 Rock forward on right, rock back on left  
15-16 Step back on right, hold position and pose, arms spread out !!!!! (facing 12:00)
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