

Rockin'

拍數: 0 牆數: 0 級數:
編舞者: Judy McDonald (CAN)
音樂: Keep On Rockin' - Confederate Railroad



Sequence: AB, Bridge, AB, AAB, B

PART A

RIGHT TOE STRUT, LEFT TOE STRUT, RIGHT TOE STRUT, LEFT ROCK, RIGHT STEP

1-2 Step right toe to side, drop right heel
3-4 Step left toe across in front of right, drop left heel
5-6 Step right toe to side, drop right heel
7-8 Step left forward, step right in place

LEFT TOE STRUT, RIGHT TOE STRUT, LEFT TOE STRUT, RIGHT ROCK, LEFT STEP

1-2 Step left toe to side, drop left heel
3-4 Step right toe across in front of left, drop right heel
5-6 Step left toe to side, drop left heel
7-8 Step right forward step left in place

RIGHT STROLL FORWARD, LEFT BRUSH, LEFT STROLL FORWARD, RIGHT BRUSH

1-2 Step right forward on diagonal, step left beside right
3-4 Step right forward on diagonal, brush left forward
5-6 Step left forward on diagonal, step right beside left
7-8 Step left forward on diagonal brush right forward

RIGHT TOE STRUT, LEFT TOE STRUT, RIGHT STEP, LEFT CROSS OVER, RIGHT STEP BACK, LEFT STEP SIDE

1-2 Step right toe across in front of left, drop right heel
3-4 Step left toe back, drop left heel
5-6 Step right to side, step left across in front of right
7-8 Step right back, step left to side

These last 4 steps are making a box

RIGHT STEP, HOLD, LEFT STEP, HOLD, RIGHT STEP, LEFT STEP, RIGHT STEP, LEFT STEP

1-2 Step right forward, hold
3-4 Step left forward, hold
5-8 Walk forward right, left, right, left

RIGHT TOUCH SIDE, HOLD, RIGHT STEP, LEFT TOUCH SIDE, HOLD, LEFT STEP

1-2 Touch right to side, hold
&3-4 Step right together, touch left to side, hold
& Step left together
5-8 Right touch out, in, out, in (touch right to side, touch right beside left, touch right to side, touch right beside left)

RIGHT VINE WITH LEFT BRUSH, LEFT ROCK, RIGHT STEP, ½ TURN LEFT STEP, RIGHT STEP

1-2 Step right to side, step left behind right
3-4 Step right to side, brush left forward
5-6 Step left forward, step right in place
7-8 Make ½ turn to left and step left, step right beside left

KNEE POPS LEFT, HOLD, RIGHT, HOLD, LEFT, RIGHT, LEFT, RIGHT

- 1-2 Bend left knee, hold
- 3-4 Bend right knee, hold
- 5-8 Bend left knee, bend right knee, bend left knee, bend right knee)

PART B (DONE WITH THE CHORUS)

RIGHT TOE STRUT, LEFT TOE STRUT, RIGHT TOE STRUT, LEFT TOE STRUT

- 1-2 Step right toe to side, drop right heel
- 3-4 Step left toe across in front of right, drop left heel
- 5-6 Step right toe to side, drop right heel
- 7-8 Step left toe across in front of right, drop left heel

To make this different from the beginning of Part A, try bending up and down from the waist with each step. So counts 1-2 you're straight with arms bent at elbows, counts 3-4 you bend forward and straighten arms, etc. This is the "keep on rockin'" part.

RIGHT BOX STEP WITH LEFT BRUSH, LEFT BOX STEP WITH RIGHT BRUSH

- 1 Step right across in front of left
- You will be on a slight diagonal from the previous step so just turn yourself to face forward during the box
- 2 Step left back
 - 3-4 Step right to side, brush left forward
 - 5-6 Step left across in front of right, step right back
 - 7-8 Step left to side, brush right forward

RIGHT WEAWE, LEFT WEAWE

- 1-2 Step right to side, step left behind right
- 3-4 Step right to side, step left across in front of right
- 5-6 Step right in place, step left to side
- 7-8 Step right across in front of left, step left to side

HIP BUMPS WITH STEPS RIGHT, LEFT, RIGHT, LEFT

- 1&2 Touch right forward while bumping hips right, bump hips left, step right in place while bumping hips right
- 3&4 Touch left forward while bumping hips left, bumps hips right, step left in place while bumping hips left
- 5-8 Repeat right and left

RIGHT ROCK FORWARD, LEFT STEP, RIGHT STEP, LEFT ROCK FORWARD, RIGHT STEP, LEFT STEP

- 1-2 Step right across in front of left, step left in place
- 3-4 Step right beside left, step left across in front of right
- 5-6 Step right in place step left beside right

PART B

This is only done at the end of the song. Add the following the third time you do Part B (music fades during 4th time)

RIGHT ROCK FORWARD, LEFT STEP

- 7-8 Step right forward, step left in place

BRIDGE

RIGHT EXTENDED VINE

- 1-2 Step right to side, step left behind right
- 3-4 Step right to side, step left across in front of right
- 5-6 Step right to side, step left behind right
- 7-8 Step right to side, touch left beside right

LEFT EXTENDED VINE

1-2 Step left to side, step right behind left
3-4 Step left to side, step right across in front of left
5-6 Step left to side, step right behind left
7-8 Step left to side, touch right beside left
