Rockin' Renegade



拍數: 48 牆數: 2 級數:

編舞者: Jennifer Howe Toolan (USA)

音樂: You Keep Me Hangin' On - Reba McEntire



WALK FORWARD WITH HIPS

Step forward on right and roll hips from left to right
Step forward on left and shift hips back to left
Step forward on right and roll hips from left to right
Step forward on left and shift hips back to left

5-8 Repeat steps 1-4

KICKS WITH TOUCHES

1 Kick right foot forward

& Step on right

Touch left toe to left sideKick left foot forward

& Step on left

4 Touch right toe to right side

5-8 Repeat steps 1-4

TOUCH WITH RIGHT & HOLD, FULL TURN WITH STOMP

& Bring right knee up across left legPoint right toes to right side

2 Hold

& Bring right knee up across left leg

3 Point right toes to right side& Bring right knee up across left leg

4 Point right toes to right side

5 Step forward on right

6 Execute a full turn to the left

7 Step left forward8 Stomp right and clap

SIDE TOUCHES, HEEL AND FORWARD, WALK FORWARD - KNEE ROLLS - 1/4 TURN

Touch right toe to right side
Step right foot next to left
Touch left toe to left side
Step left next to right
Touch right heel forward

& Step on right foot slightly farther back than left

4 Step forward, putting weight on left foot

5 Walk forward on right

6 Bring left toe up next to right foot (knee bent)

7 Roll left knee out to left

8 Roll right knee to meet left while making a ¼ turn to left (keep right knee bent)

1/2 TURN - HITCH, ROGER RABBIT

1 Reach right toe back

2 Make a ½ turn to right while hitching right leg

3 Step forward on right

| 4 | Touch left foot next to right |
|---|--|
| 5 | Step left foot behind right and replace where right foot was |
| 6 | Step right foot behind left and replace where left foot was |
| 7 | Step left foot behind right putting all weight on it |
| & | Rock forward on right foot |
| 8 | Rock back on left foot |

STEP SLIDE FORWARD - TOUCH, 1/4 TOUCH TURN RIGHT

| 1 | Step forward on right |
|---|---|
| 2 | Slide left next to right |
| 3 | Step forward on right |
| 4 | Touch left foot next to right |
| 5 | Touch left toe to left side while making 1st part of 1/4 turn right |
| & | Bring left knee up |
| 6 | Touch left toe to left side while making 2nd part of 1/4 turn right |
| & | Bring left knee up |
| 7 | Touch left toe to left side while making 3rd part of 1/4 turn right |
| & | Bring left knee up |
| 8 | Step on left (make sure weight is on left) |

REPEAT