

Rockin' The Mockin' Bird

拍數: 64 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Mockingbird - James Taylor And Carly Simon



Starts on count 21. He sings Mockingbird and then the word "everybody". Start on this word

1-2-3 Step right to right, rock/step left behind right, rock/return weight to right
4&5 Shuffle to the left (left, right, left) while making ½ turn right
6-7&8 Step right to right, cross/rock left over right, rock/return weight to left, step left to left

9&10 Cross shuffle to the left right, left, right
11-12& Rock/step left to left, rock/return weight to right, step left beside right
13-14& Rock/step right to right, rock/return weight to left, step right beside left
15-16 Rock/step left to left, making ¼ turn left step back on right

17-18&19-20 Step back on left, hold, step right beside left, step back on left, hold
&21-22 Step right beside left, rock/step back on left, rock forward on right
23-24 Walk forward left, right

The following hip bumps move slightly forward

25&26 Step forward on left bumping hips forward, back, forward
27&28 Step forward on right bumping hips forward, back, forward
29&30 Step forward on left bumping hips forward, back, forward
31&32 Step forward on right bumping hips forward, back, forward (weight ends up on right)

33&34 Step left behind right, step right to right, step left to left (sailor shuffle)
35&36 Step right behind left, step left to left, step right to right (sailor shuffle)
37-38 Rock/step left behind right, rock/return weight to right
39-40 Making ¼ turn right step back on left, making ¼ turn right step forward on right

41-42 Rock/step forward on left, rock back on right
43&44 Step back on left, step right beside left, step forward on left
45&46& Kick right across left, step forward on right, kick left across right, step forward on left
47&48 Kick right across left, step forward on right, kick left across right
& Step left beside right

49-50-51-52 Rock/step forward on right, rock back on left, big step back on right to right diagonal, drag left to right -weight right
53-54 Step back on left towards left diagonal, drag right to left (weight on left)
55&56 Bump hips right, left, right

57&58-59-60 Cross shuffle to right left, right, left, step right to right, making ¼ left step forward on left
61-62-63-64 Big step forward on right to right diagonal., slide left to right (weight on right)
63-64 Big step to left on left to left diagonal, slide right to left (weight on left)

REPEAT