

# Rock'n U All

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Joe Lozano (USA)  
音樂: Rocking The Country - Clinton Gregory



## SUGARFOOT

- 1 Cross left over right
  - 2 Touch ball of right side (in), swiveling on ball of left foot and twisting body to right
  - 3 Almost touch right heel to right side (out), twisting body to left
  - 4 Touch ball of right side (in), swiveling on ball of left foot and twisting body to center
  - 5 Cross right over left
  - 6 Touch ball of left side, swiveling on ball of right foot and twisting body to left
  - 7 Almost touch left heel to left side, twisting body to right
  - 8 Touch ball of left side, swiveling on ball of right foot and twisting body to center
- 9-16 Repeat 1-8

## CROSS CAMEL BACK, POINT TURN POINT

- 1 Cross left over right, bending body forward
- 2 Step back on right, body straight (unbend)
- 3 Slide left back to toe of right foot (lock step), bending body forward
- 4 Step back on right, body straight (unbend)
- 5 Step left next to right
- 6 Right foot point to right
- 7 Turn right  $\frac{1}{2}$ , keeping weight on left foot, bringing right foot next to left
- 8 Point left to left

## MAKE LIKE A PENDULUM

- &1-2 Touch right toe right side, hold
- &3-4 Touch left toe left side, hold
- &5 Left next to right while extending right to right side
- &6 Right next to left while extending left to left side
- &7 Left next to right, while extending right to right side
- &8 Right next to left while extending left to left side

## REPEAT

To use "John Roland Wood", ending after pause in music, put hands in prayer position on fall to knees. Look left, right and upward for Jesus.