

Roof Rock

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Mari Hasle (NOR)
音樂: Don't Let Go - Chris Owen



Sequence: A, B, C, B, B, Ending

PART A

TOE STRUT, TOE STRUT, ROCK, RECOVER, STEP, HOLD

1&2& Touch right toe to right side, right heel down, cross left toe over right heel down
3&4 Rock right foot to right, recover left, step right foot next to left

TOUCH, TOGETHER, TOUCH, TOGETHER, KNEE KNOCKS

5&6& Touch left toe forward, step left next to right, touch right toe forward, step right foot to right
7&8 Knock knees together x3

REPEAT LEFT

9-16 Repeat counts 1-8 starting with left foot

JAZZ BOX ¼ TURN X3, JAZZ BOX

17-18 Cross right foot over left, ¼ right step back on left
19-20 Step right to right, step slightly forward left
21-28 Repeat counts 17-20& twice
29-30 Cross right foot over left, step back on left
31-32 Step right to right, step left on left

STOMP, RIGHT HAND, LEFT HAND, HOLD, HIP BUMPS

33-34 Stomp right to right, place right hand on right buttocks
35-36 Left hand on left buttocks, hold
37&38 Bump hips right & right
39&40 Bump hips left & left

HOLD, RIGHT HAND, LEFT HAND, HOLD, JAZZ BOX ¼ TURN

41-42-43-44 Hold, place right hand behind head, left hand behind head, hold
45-46 Cross right foot over left, ¼ right step back on left
47-48 Step right to right, step slightly forward left

KISS X3, BLOW KISSES

49&50& Kiss both hands x3, blow the kisses both arms diagonally forward

STEP, ½ TURN, STEP, HIP BUMPS X3, SLIDE, TOUCH

51-52 Step forward on right, ½ turn left on left
53-54 Step right on right, bump hip left
55&56 Bump hips right, left, right
57-58 Shift weight to left foot and slide right toe into left, touch right toe next to left

PART B (FACING BACK)

Repeat part a changing the last 8 counts to:

JAZZ BOX ¼ TURN TWICE

51-52 Cross right over left, ¼ turn right step back on left
53-54 Step right to right, step slightly forward left
55-58 Repeat 51-54

PART C (FACING BACK)

TWIST X3, CLAP, TWIST X3, CLAP, TWIST, CLAP, TWIST, CLAP, TWIST X4

1&2& Twist right heels, toes, heels, clap
3&4& Twist left heels, toes, heels, clap
5&6& Twist heels right, clap, heels left, clap
7&8& Twist heels, right, left, right, left

KICK, FLICK X4 (½ TURN LEFT)

9-10 With weight on left foot kick right foot forward, flick right foot back 1/8 turn left
11-16 Repeat 1-6
17-32 Repeat 1-16 (facing front)

WALK & SHIMMY X4, WALK BACK X3, ½ TURN STEP (FACING BACK)

33-34-35-36 Walk forward right, left, right, left (with a shimmy)
37-38-39-40 Walk back right, left, right, ½ turn left on left (pointing one index finger front)

WALK & SHIMMY X4, WALK BACK X4 (FACING FRONT)

41-42-43-44 Walk forward right, left, right, left (with a shimmy)
45-46-47-48 Walk back right, left, right, left (pointing one index finger front)

FULL PADDLE TURN FOR 8 COUNTS

49&50& Hitch right knee, touch right toe to right, hitch right knee, touch right toe to right
51-56& Repeat 49-59&, ending with weight on right foot

Do one full turn left during counts 49-56&

HITCH, TOUCH, HITCH, STEP, HIP BUMPS

57&58& Hitch left knee, touch left toe to left, hitch left knee, step left to left
59&60 Bump hips left, right, left

The music slows down at the end so use your imagination on the ending!
