

Rooster

拍數: 32 牆數: 4 級數: Improver
編舞者: Kate Sala (UK)
音樂: Come Get Some - Rooster



SWIVEL HEELS WITH ¼ TURN RIGHT, COASTER STEP, STEP ½ PIVOT STEP, HEEL STRUT, TOE STRUT

1&2 Starting with feet together, swivel heels left, right, left with ¼ turn right
3&4 Step back on right, step left next to right, step forward on right
5&6 Step forward on left, pivot ½ turn right, step forward on left
7&8& Heel strut forward on right, toe strut back on left

ROCK BACK, SCUFF STEP, TOUCH IN, HIP LIFT, PIVOT ¼ LEFT, TOUCH OUT, IN, OUT, COASTER STEP

1&2& Rock back on right, rock forward on left, scuff right forward, step forward on right
3&4 Touch left toe next to right instep, lift left hip up, pivot ¼ left dropping the hip
Pivot left keeping left toe next to right & the weight remains on right
5&6 Tap left toe out to left side, tap left toe next to right instep, tap left toe out to left side
7&8 Step back on left, step right next to left, step forward on left

CROSS ROCK, ROCK, CROSS ROCK, ROCK, RIGHT SIDE MAMBO, LEFT CHASSE

1&2 Cross rock right over left, rock back on left, cross rock right over left
3&4 Cross rock left over right, rock back on left, cross rock left over right
5&6 Rock right out to right side, recover on left, step right next to left
7&8 Step left to left side, step right next to left, step left to left side

BACK ROCK, SIDE ROCK, BACK ROCK, TURN ¼ RIGHT, STEP PIVOT ½ TURN RIGHT, STEP, RUN, STEP TOGETHER

1&2& Rock back on right, recover on left, side rock on right to right side, recover on left
3&4 Rock back on right, recover on left, turn ¼ right stepping forward on right
5&6 Step forward on left, pivot ½ turn right, step forward on left
7&8 Run forward on right, left, step right next to left

REPEAT
