

Roughneck

拍數: 32 牆數: 4 級數: Intermediate
編舞者: John "Growler" Rowell (UK)
音樂: Let Freedom Ring - Rodney Crowell



Dedicated to the men who crew Ninian Central Platform (Somewhere between The Shetland Islands & Norway)

STEP, TURN, KICK, FLICK TURN, BACK, BACK, HEEL JACK

1-2 Step forward right, pivot quarter turn left. (keeping weight on left)
3-4 Kick right forward, flick right back turning quarter turn left on left
5-6 Step back right, step back left
&7 Small jump back on right, extend left heel diagonally forward
&8 Step down on left, stomp right next to left

HEELS, TOES, HEELS, TOES, HALF TURN HEEL SWITCHES

9-10 Swivel both heels to left, swivel both toes to left
11-12 Swivel both heels to left, swivel both toes to left

For added styling, bend knees while doing swivels, lower the better!

The next four counts are carried out while making a half turn left.

13&14 Touch right heel forward, step right in place, touch left heel forward
&15& Step left in place, touch right heel forward, step right in place
16& Touch left heel forward, step left in place

ROCK, RECOVER, COASTER STEP, STEP, TURN, DIAGONAL SHUFFLE

17-18 Rock forward on right, recover weight on left
19&20 Step back right, step back left, step forward right
21-22 Step forward left, pivot half turn (one eighth) right
Weight on right, slightly more than half turn, preparing for diagonal shuffle.
23&24 Step diagonally forward left, close right to left, step forward left

STEP, TOUCH, QUARTER TURN SHUFFLE, JAZZ BOX

25-26 Step diagonally forward right, touch left next to right
27 Step left quarter (one eighth) turn left, (to face 3:00 wall)
&28 Close right next to left, step forward left
29-30 Cross right in front of left, step back left
31-32 Step right next to left, step forward left

REPEAT