

# 10 O'clock Rock

拍數: 64      牆數: 2      級數: Intermediate/Advanced  
編舞者: Alan Birchall (UK)  
音樂: Don't Let Go - Hal Ketchum



## KICK, KICK, ¼ SAILOR TURN RIGHT, STEP LOCKS FORWARD

- 1&            Kick right foot forward across left leg, swing right by left  
2&            Kick right to right diagonal, swing right by left  
3&4          Cross right behind left making a ¼ turn to right, step left in place, step right by left (facing 3:00)  
5&6          Step forward on left, lock right behind left, step forward on left  
7&8          Step forward on right, lock left behind right, step forward on right

**Option: lock steps can be replaced with shuffles**

## KICK, KICK, ½ SAILOR TURN LEFT, STEP LOCK FORWARD, LEFT FORWARD MAMBO

- 9&            Kick left foot forward across right leg, swing left by right  
10&          Kick left to left diagonal, swing left by right  
11&12        Cross left behind right making a ½ turn to left, step right in place, step left by right (facing 9:00)  
13&14        Step forward on right, lock left behind right, step forward on right  
15&16        Rock forward on left, recover on right, step left by right

**Option: lock step can be replaced with shuffles**

## RIGHT & LEFT SWIVETS, VINE RIGHT, TRAVELING DWIGHTS TO LEFT

- 17&          On ball of left and heel of right pivot right, return to place  
18&          On ball of right and heel of left pivot left, return to place  
19&          Step right to right, cross left behind right  
20            Step right to right  
21            Pivot right heel to left, touch left toe by right  
&            Pivot right toe to left, touch left heel by right  
22            Pivot right heel to left, touch left toe by right  
&            Pivot right toe to left, touch left heel by right  
23            Pivot right heel to left, touch left toe by right  
&            Pivot right toe to left, touch left heel by right  
24            Pivot right heel to left, touch left toe by right

**Alternative to traveling Dwight's - traveling toe heel swivels**

## LEFT & RIGHT ROCK & CROSS, LEFT COASTER STEP, STEP

- 25&26        Rock left to left, recover on right, cross left over right  
27&28        Rock right to right, recover on left, cross right over left  
29&30        Step back on left, step right by left, step forward on left  
31-32        Step forward on right, step forward on left

**This section goes with the style of the music**

## ¼ PIVOT, POINT, HOLD, TOE SWITCHES, HOLD, 'TWIST' ¼ TURN LEFT

- 33-34        Making ¼ turn to left point right to right, hold (no music - weight on left & facing 6:00)  
35&          Step right by left, point left toe to left  
36&          Step left by right, point right toe to right  
37            Hold (no music)  
&38&        On balls of both feet twist heels right left while turning ¼ turn left  
39&40&      On balls of both feet twist heels right & left while turning ¼ turn left and bring left foot beside right & transferring weight to right foot (facing 9:00)

## **POINT, HOLD, TOE SWITCHES, HOLD, 'TWIST' ¼ TURN LEFT**

- 41-42 Point left toe to left, hold (no music)  
43& Step left by right, point right toe to right  
44& Step right by left, point left toe to left  
45 Hold (no music)  
&46& On balls of both feet twist heels right & left while turning ¼ turn left  
47&48& On balls of both feet twist heels right & left while turning ¼ turn left and bring left foot beside right (facing 12:00 - home wall)

## **HOLD, JUMP APART, JUMP ACROSS TWICE, UNWIND, HOLD**

- 49 Hold  
50-51 Jump both feet apart, jump both feet together with feet crossed (left over right)  
52-53 Jump both feet apart, jump both feet together with feet crossed (right over left)

### **Alternative to jumps**

- 50-53 Point left to left, step left by right, point right to right, cross right over left  
54 Hold  
55-56 Unwind ½ turn left, hold (no music, facing 6:00)

## **CHARLESTONS**

- 57-58 Touch right toe forward, step back on right  
59-60 Touch left toe back, step forward on left  
61-62 Touch right toe forward, step back on right  
63-64 Touch left toe back, step forward on left

## **REPEAT**

When dancing to the Hal Ketchum version, do the following extras

## **TAG**

This is danced twice - both times you will be facing 9:00. The music has an obvious change in the instrumental break. The first time you will be on the third wall and will have completed steps 27&28 (rock & cross). The second time you will be on the fifth wall and will have completed steps 23& 24 (traveling Dwights)

## **STEP, SLIDE, HIP BUMPS, ¼ TURN LOCK STEP, LOCK STEP**

- 1-2 Big step to left on left, slide right to meet left (no weight)  
&3&4& Bump hips right and left while moving up & down  
5&6 Step right to right making ¼ turn right, lock left behind right, step right to right (facing 12:00)  
7&8 Step forward on left, lock right behind left, step forward on left

## **STEP ½ PIVOT, FULL TURN, CHARLESTON STEP**

- 9-10 Step forward on right, make ½ pivot left (facing 6:00)  
11-12 Make ½ pivot left while stepping forward on right, make ½ pivot left while stepping back on left

### **Facing 6:00. Alternative: walk forward left, right**

- 13-14 Touch right toe forward, step back on right  
15-16 Touch left toe back, step forward on left

## **ENDING:**

You will have completed the first 8 counts and be facing 9:00. To finish facing the front wall, take a large step forward on left while making a ¼ turn right, sliding right slightly up to left. You will end with your feet apart, arms 'splayed' down out to sides in line with your legs

When dancing to the Chris Owen version, do the following extras

## **RESTARTS**

There are two restarts in this version and both appear in the instrumental section used for wall three

## **1ST RESTART**

You will be facing 9:00 and will have danced the dance right through to step 32. At this point start the dance from the beginning. The instrumental section changes here to a more 'rockier' feel

#### **2ND RESTART**

You will be facing 6:00 and will have danced the dance through to step 25&26 (rock left, recover, cross). Replace steps 27&28 with a right kick ball change (kick right forward, step right in place, step left in place) then start the dance from the beginning

#### **ENDING**

You will be on 5th repetition of the dance and will have completed steps 53&54 facing 12:00. Simply replace steps 55-56 with a full turn so you are back facing 12:00. Complete the dance to step 64 then add a diagonal kick with the right across left splaying arms upward sweeping right round beside left.

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