

10 Rocks

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mark Cosenza (USA)
音樂: 10 Rocks - Shelby Lynne



WALK AROUND RIGHT, LEFT, RIGHT, ROCK & BUMP FORWARD & BACK

1-2 Moving 1/8 right, walk right forward heel, toe
3-4 Moving 1/8 right, walk left forward heel, toe
5-6 Moving 1/4 right, walk right forward heel, toe
7-8 Rock forward left and bump hips left, recover right and bump hips right

CROSS & TOUCHES: OVER, BEHIND, BEHIND, OVER

1-4 Cross left over right, touch side right, cross right behind left, touch side left
5-8 Cross left behind right, touch side right, cross right over left, touch side left

STEP, LOCK, STEP, BRUSH, STEP & STEP, BRUSH, STEP

1-3 Step forward left, lock right behind left, step forward left
4 Brush forward right
5&6 Step down right, press on ball of left behind right, step forward right
7-8 Brush forward left, step down left

ROCK FORWARD & BACK & FORWARD & TURN, TOUCH

1-4 Rock forward right, recover left, rock back right, recover left
5-6 Rock forward right, recover left
7-8 Step 1/4 right taking a large step side right, touch left next to right

ROCK FORWARD & SIDE, STEP FORWARD, PIVOT & HEEL BUMPS

1-2 Cross rock left forward, recover right
3-5 Rock left side, recover right, step left forward in extended 5th position
6-8 Pivoting 1/2 turn right, bump heels down 3 times

CROSS & TOUCH, STEP BACK TOGETHER, CROSS & TOUCH, STEP FORWARD TOGETHER

1-2 Cross right over left, touch side left
3-4 Step back left, step together right
5-6 Cross left over right, touch side right
7-8 Step forward right, step together left

KICK BALL CHANGE TWICE, STEP DOWN AND SWIVEL

1&2 Kick right diagonal right, step down on ball of right, step side left
3&4 Kick right diagonal right, step down on ball of right, step side left
5-6 Step down right, step down left,
7-8 Swivel right toes to right and swivel left heel left, return

LARGE STEP RIGHT, PIVOT LARGE STEP LEFT, SIDE STEP TOGETHER, KNEES & HEELS TWICE

1-2 Take a large step side right, touch left next to right
3-4 Pivot 1/4 left and take a large step side left, touch right next to left
5-6 Step side right, cross left behind right (keep it tight touching left calf)
&7 Bend down knees and raise heels, return
&8 Bend down knees and raise heels, return

REPEAT

