

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

