

Third Rock

拍數: 32 牆數: 4 級數: Advanced
編舞者: Gretchen Kramer
音樂: Third Rock from the Sun - Joe Diffie



RIGHT AND LEFT TOE HEELS

1-2 Touch right toe to side, touch right heel forward
3-4 Step together right foot, touch left heel forward
5& Touch left toe to side, step left foot together
6& Touch right toe to side, touch right heel forward
7-8 Step right together with left, touch left heel forward

LEFT TOE BACK & ¼ LEFT, MORE TOE AND HEELS, THEN KNEE SWIVELS

9-10 Touch left toe back, turn ¼ left taking weight on left,
11&12 Touch right heel forward, step right together, touch left toe to side,
13&14 Touch left heel forward, step left together, touch right toe to side,
15-16 Knee swivel in & out

¼ RIGHT, ROCK BACK LEFT & FORWARD RIGHT, SHUFFLE

17-18 Step right while turning ¼ right, touch left together
19-20 Rock back on left lifting right foot, rock forward on right.
21&22 Shuffle forward left,
23-34 Step forward right, pivot ½ left shifting weight to left (a.k.a. Military turn)

SHUFFLE RIGHT AND LEFT, FORWARD RIGHT, ½ TURN LEFT, AND ¾ TURN LEFT

25&26 Shuffle forward right
27&28 Shuffle forward left,
29-30 Step forward right, pivot ½ military turn left,
31-32 Step forward right and pivot ¾ to left, step left

REPEAT
