

3 Chord Rock

拍數: 32 牆數: 2 級數: Intermediate west coast swing
編舞者: Aggie Marler (USA)
音樂: 3 Chord Country And American Rock And Roll (feat. Steven Tyler) (Single Remixed Version) - Keith Anderson



FORWARD, FORWARD, COASTER ½ TURN RIGHT, PIVOT ½ TURN RIGHT, SHUFFLE FORWARD

1-2 Walk forward on right, walk forward on left
3&4 ¼ turn right step back on right, step together on left, ¼ turn right step forward on right
5-6 Step forward on left, pivot ½ turn right, step forward on right
7&8 Step forward on left, together (or lock behind) on right, step forward on left

Beginner option without turns: forward, forward, back coaster, back rock, shuffle forward

FORWARD, FORWARD, ROCK & CROSS, FORWARD, HITCH HIP 2X MAKING ¼ TURN LEFT, ¼ TURN LEFT FLICK RIGHT FOOT

1-2 Walk forward on right, walk forward on left
3&4 Rock right on right, recover onto left, step across in front on right
5-6-7 Step forward on left, hitch right hip twice to make ¼ turn left (add your own styling - heel digs, toe points, shoulder shrugs, water sprinkler, etc)
&8 Touch right toe beside left foot and make ¼ turn left flicking right foot back

FORWARD, SIDE ¼ TURN RIGHT, SAILOR ¼ TURN RIGHT, FORWARD (PREP), FULL TURN LEFT(OR WALK WALK), FORWARD

1-2 Step forward on right, ¼ turn right step side on left
3&4 Step behind on right, step side on left, ¼ turn right step forward on right
5-6-7-8 Step forward on left (prep toes out for full turn left), ½ turn left step back on right, ½ turn left step forward on left, step forward on right

Add your flavor to this turn - knee rolls, funkalicious knees, shoulders, hip hop, etc

Beginner option count 5-8 without turn: walk forward right, left, right, left

CROSS, ROCK RECOVER (BACK DIAGONAL), CROSS, ROCK RECOVER (BACK DIAGONAL), FORWARD, SCUFF/ HITCH ½ TURN LEFT, SIDE, KNEE POPS 2X

1&2 Step forward on left slightly across right, rock diagonally back on right, recover weight quickly to left
3&4 Step forward on right lightly across left, rock diagonally back on left, recover weight quickly to right
5-6 Step forward on left scuff/ hitch while making ½ turn left, step out to the side on right foot
7-8 Pop knees lifting heels 2 times

Or any variation you desire - body rolls, Elvis knees, funky feet, etc

Beginner option: omit the scuff hitch) to end of the step description for count 5,6

REPEAT

RESTART

Restart when you face the back wall the 1st time restart after 8 counts (instrumental)

Restart when you face the back wall the 2nd time restart after 16 counts (instrumental)