

It Rocks!

拍數: 48 牆數: 2 級數:
編舞者: Peter Metelnick (UK)
音樂: He Rocks - Wynonna



"HE ROCKS! HE KICKS!"

RIGHT ROCK FORWARD & RECOVER, RIGHT COASTER BACK, LEFT KICK FORWARD, HEEL SWITCHES & HOOK

- 1-2 Rock right foot forward, recover weight on left foot
- 3&4 Step right foot back, step left foot together, step right foot forward
- 5&6& Kick left foot forward, step left foot together, touch right heel forward, step right foot together
- 7-8 Touch left heel forward, hook left foot across right leg

LEFT FORWARD SHUFFLE, RIGHT FORWARD, LEFT TOES TOUCH BEHIND, LEFT BACK SHUFFLE, RIGHT KICK BALL CROSS

- 1&2 Step left foot forward, step right foot together, step left foot forward
- 3-4 Step right foot forward, touch left toes behind right foot
- 5&6 Step left foot back, step right foot together, step left foot back
- 7&8 Kick right foot forward, step right foot back, cross step left foot over right

TOE STEPS TRAVELING RIGHT, LEFT CROSS TOUCH, LEFT SIDE TOUCH

- 1-4 Touch right toes to right side, drop right heel, cross touch left toes over right, drop left heel
- 5-8 Touch right toes to right side, drop right heel, touch left toes across right leg, touch left toes to left side

LEFT SAILOR SHUFFLE, HEEL TWIST LEFT & RIGHT TURNING ¼ LEFT, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD SHUFFLE

- 1&2 Cross step left foot behind right, step right foot to right side, step left foot slightly left
- 3-4 Twist heels left, twist heels right turning ¼ left (weight ends on left foot)
- 5-6 Step right foot forward, pivot ½ left
- 7&8 Step right foot slightly forward, step left foot together, step right foot in place

HIP BUMPS LEFT 2X & RIGHT 2X, SYNCOPATED SIDE-SLIDE-TOGETHER 2X, LEFT TO LEFT SIDE, RIGHT TOUCH TOGETHER

- 1-4 Step left foot slightly to left side and bump hips left 2x, shift weight to right foot and bump hips 2x
- 5& Step left foot to left side, slide right foot together & raise left heel up (weight ends on right foot)
- 6& Step left foot to left side, slide right foot together & raise left heel up (weight ends on right foot)
- 7-8 Step left foot to left side, touch right foot together

RIGHT SIDE ROCK & RECOVER, RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE TURNING ¼ LEFT, RIGHT FORWARD, ½ LEFT PIVOT TURN

- 1-2 Rock right foot to right side, recover weight on left foot
- 3&4 Cross step right foot behind left, step left foot to left side, step right foot slightly right
- 5&6 Cross step left foot behind right, turning ¼ left step right foot back, step left foot slightly forward
- 7-8 Step right foot forward, pivot ½ left

REPEAT

TAG

At the end of the 2nd wall when you are facing the front wall again, to keep the dance phrased add the following 8 counts and then start the dance from the beginning

- 1-8 Right side rock & recover, right sailor shuffle, left side rock & recover, left sailor shuffle
 - 1-2 Rock right foot to right side, recover weight on left foot
 - 3&4 Cross step right foot behind left, step left foot to left side, step right foot slightly right
 - 5-6 Rock left foot to left side, recover weight on right foot
 - 7&8 Cross step left foot behind right, step right foot to right side, step left foot slightly left
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