

# Jail Rock

拍數: 0                      牆數: 2                      級數: Improver  
編舞者: Zena Richards (UK)  
音樂: Jailhouse Rock - Elvis Presley



Sequence: AB AB ABB AB ABB

## PART A

### SIDE STRUT, CROSS STRUT, ROCK RECOVER, CROSS HOLD

1-2                      Step right toe to right side, drop right heel taking weight  
3-4                      Cross left toe over right, drop left heel taking weight  
5-6                      Rock right to right side, rock onto left in place  
7-8                      Cross right over left, hold

### SIDE STRUT, CROSS STRUT, ROCK RECOVER, CROSS HOLD

1-2                      Step left toe to left side, drop left heel taking weight  
3-4                      Cross right toe over left, drop right heel taking weight  
5-6                      Rock left to left side, rock onto right in place  
7-8                      Cross left over right, hold

### STEP HOLD, HOLD HITCH, STEP HOLD, HOLD KNEE OUT

1-2                      Step right beside left (feet slightly apart), hold  
3-4                      Hold, hitch left knee  
5-6                      Step left beside right, hold  
7-8                      Hold, turn left knee out to the left (for styling: drop left shoulder (think Elvis!!))

### KNEE IN HOLD, HOLD, HOLD, HIP ROLL, HITCH

1-2                      Turn left knee in towards the right, hold (weight remains on left)  
3-4                      Hold, hold  
5-7                      Roll hips anti to the right over two beats (weight ends on left)  
8                          Hitch right knee

## PART B

### RIGHT CHASSE, ROCK RECOVER, LEFT SIDE CHASSE, ROCK RECOVER

1&2                      Step right to right side, close left beside right, step right to right side  
3-4                      Rock back on left, rock forward onto right  
5&6                      Step left to left side, close right beside left, step left to left side  
7-8                      Rock back on right, rock forward onto left

### ¼ TURN TOE STRUT, ½ TURN TOE STRUT, ½ TURN TOE STRUT, FORWARD STRUT

1-2                      Step right toe ¼ turn to the right, drop right heel taking weight  
3-4                      Making ½ turn to the right, step back on left toe, drop left heel taking weight  
5-6                      Making ½ turn to the right, step forward on right toe, drop right heel taking weight  
7-8                      Step left toe forward, drop left heel taking weight

### CROSS ROCK RECOVER, ¼ TURN KICK, WEAVE RIGHT

1-2                      Cross rock right over left, rock back onto left  
3-4                      Step right ¼ turn right, kick left to left side  
5-6                      Step left behind right, step right to right side  
7-8                      Cross left over right, step right to right side

### ROCK RECOVER, SIDE STRUT, ROCK RECOVER, POINT FLICK

- 1-2 Rock back on left, rock forward onto right
  - 3-4 Step left toe to left side, drop left heel taking weight
  - 5-6 Rock back on right, rock forward onto left
  - 7-8 Point right to right side, flick right up behind left
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