

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
