

Hip Rock

拍數: 64 牆數: 4 級數:
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Back In Your Arms Again - Lorrie Morgan



DIAGONAL HIP ROCKS

- 1 Rock forward and diagonally right on right foot
- 2 Rock back and diagonally left on left foot
- 3 Rock forward and diagonally right on right foot
- 4 Rock back and diagonally left on left foot
- 5 Rock back and diagonally right on right foot
- 6 Rock forward and diagonally left on left foot
- 7 Rock back and diagonally right on right foot
- 8 Rock forward and diagonally left on left foot

DIAGONAL HIP ROCKS, FORWARD WALK, KICK

- 9-12 Repeat counts 3 through 6
- 13-14 Walk forward on right foot; walk forward on left foot
- 15-16 Walk forward on right foot; kick left foot forward

BACKWARD WALK, TOUCH, RIGHT ROLLING TURN, TOUCH

- 17-18 Walk backward on left foot; walk backward on right foot
- 19-20 Walk backward on left foot; touch right foot next to left
- 21 Step to the right on right foot and begin a full to the right rolling turn traveling to the right
- 22 Step on left foot and continue full to the right rolling turn
- 23 Step on right foot and complete full to the right rolling turn
- 24 Touch left foot next to right

LEFT ROLLING TURN, HIP BUMPS

- 25 Step to the left on left foot and begin a full to the left rolling turn traveling to the left
- 26 Step on right foot and continue full to the left rolling turn
- 27 Step on left foot and complete full to the left rolling turn
- 28 Touch right foot next to left
- 29-30 Step slightly forward and diagonally right on right and bump hips to the right twice
- 31-32 Bump hips backward and to the left twice

HIP GRINDS, FORWARD SHUFFLES

- 33-34 With feet still in place, grind hips one full to the left revolution
- 35-36 Repeat counts 33 - 34
- 37&38 Shuffle forward (right, left, right)
- 39&40 Shuffle forward (left, right, left)

MILITARY PIVOT TO THE LEFT, FORWARD SHUFFLES, MILITARY TURN TO THE LEFT

- 41 Step forward on right foot
- 42 Pivot $\frac{1}{2}$ turn to the left on ball of right foot and shift weight to left foot
- 43&44 Shuffle forward (right, left, right)
- 45&46 Shuffle forward (left, right, left)
- 47 Step forward on right foot
- 48 Pivot $\frac{1}{4}$ turn to the left on ball of right foot and shift weight to left foot

JAZZ SQUARE, TOUCH, STEP-TOUCH, CROSS, UNWIND

- 49-50 Cross right foot over left and step; step back on left foot
51-52 Step right foot slightly to the side; touch left foot next to right
53-54 Step forward on left foot; touch right foot to the right
55-56 Cross right foot over left; unwind 1/ 2 turn to the left (finish with weight on left foot)

FORWARD WALK, KICK, ROLLING TURN BACK, TOUCH

- 57-58 Walk forward on right foot; walk forward on left foot
59-60 Walk forward on right foot; kick left foot forward
61 Step back on left foot and begin a full to the left rolling turn
62 Step on right foot and continue full to the right rolling turn
63 Step on left foot and complete full to the left rolling turn
64 Touch right foot next to left

REPEAT
