

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 ½ 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 ¼ 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
