

He Rocks

拍數: 48 牆數: 2 級數:
編舞者: Tracie Lee (AUS)
音樂: He Rocks - Wynonna



- 1-2& Step right forward at 45 degrees right, lock left behind right, step right beside left
3-4& Step left forward at 45 degrees left, lock right behind left, step left beside right
5-6 Point right toe to right side, hold
&7-8 Step right beside left, tap left toe beside right, kick left forward at 45 degrees left
- 1&2 Step left behind right, step ball of right to right side, replace weight to left (sailor step)
3&4 Step right behind left, step ball of left to left side, replace weight to right (sailor step)
5-6 Step left behind right, turn ¼ turn right & step right forward
7-8 Turn ¼ turn right & step left to left side, turn ½ turn right & step right to right side
- 1-2 Rock forward on left across over right, rock back onto right
3&4 Turn ¼ turn left & shuffle forward left-right-left
5&6 Turn ¼ turn left & shuffle to right side right-left-right
7-8 Turn ½ turn left & step left to left side, tap right beside left
- &1-2 Step back on ball of right, step left forward, step right beside left
3 Point left toe to left side turning body ¼ turn right (the left toe touch should become a touch back)
4 Turn body ¼ turn left & step left beside right
&5-8 Repeat above 4 counts
- 1&2 Shuffle to right side right-left-right
3-4 Touch ball of left behind right, pivot ½ turn left taking weight to left
5-6 Rock forward on right, rock back on left
7&8 Step right back, step left beside right, step right forward (coaster step)
- 1-2 Step left forward, pivot ½ turn right taking weight to right
3-4 Step left forward, pivot ½ turn right taking weight to right
5-8 Step left forward at 45 degrees left & bump hips to left 4 times ending with weight on left

REPEAT

TAG

At the end of the second wall when facing the front

- 1-4 Rock forward on right, rock back on left, rock back on right, rock forward on left
5-8 Step right forward, pivot ½ turn left, step right forward, pivot ½ turn left taking weight to left