

He Rocks

拍數: 32 牆數: 4
編舞者: Marion Nicholson
音樂: He Rocks - Wynonna

級數: Beginner



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|-----|--|
| 1-2 | Right heel to front 45 degrees, right toe to back 45 degrees |
| 3-4 | Right heel to front 45 degrees, drop right foot to floor in place |
| 5-6 | Left heel to front 45 degrees, left toe to back 45 degrees |
| 7-8 | Left heel to front 45 degrees, drop left foot to floor in place |
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| 1-4 | Right step/lock (step right forward at 45 degrees, lock left behind, step right forward) scuff left |
| 5-8 | Vine left with a turn (step left to left, cross right behind, turn ¼ turn left on left, tap right beside left) |
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| 1-4 | Right foot to front 45 degrees, hip bump to right front 2 counts, to left back 2 counts |
| 5-8 | Right foot to back 45 degrees, hip bump to right back 2 counts, to left front 2 counts |
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| 1-2 | Sailor step (exaggerated) step right to right, lift left leg to left side |
| 3-4 | Left behind right, right to right |
| 5-6 | Sailor step (exaggerated) step left to left, lift right leg to right side |
| 7-8 | Right behind left, left to left |

REPEAT
