

Elvis Rock

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Vickie Vance-Johnson (USA) & Kevin Johnson (USA)
音樂: Jailhouse Rock - Elvis Presley



HIP AND KNEE ROLLS:

- 1-2 Rotate hips to the left one rotation using two beats of music.
- 3-4 Rotate hips to the left one rotation using two beats of music.
- 5 Twist lower body leftward and point right knee leftward (towards other knee).
- 6 Twist lower body rightward and point left knee rightward (towards other knee).
- 7 Twist lower body leftward and point right knee leftward (towards other knee).
- 8 Twist lower body rightward and point left knee rightward (towards other knee).

STRUTS

(Remain looking & facing forward including Feet while moving rightward or strutting sideways)

- 9 Step your left foot across and in front of your right foot (keep weight on toe, leave heel raised). While stepping, move your left arm rearward and right arm forward at waist level.
- 10 While lowering your left heel to the floor, snap your fingers.
- 11 Step to your right with your right foot (keep weight on toe, leave heel raised). While stepping, move your left arm rearward and right arm forward at waist level.
- 12 While lowering your right heel to the floor, snap your fingers.

- 13 Step your left foot across and in front of your right foot (keep weight on toe, leave heel raised). While stepping, move your left arm rearward and right arm forward at waist level.
- 14 While lowering your left heel to the floor, snap your fingers.
- 15 Step to your right with your right foot (keep weight on toe, leave heel raised). While stepping, move your left arm rearward and right arm forward at waist level.
- 16 While lowering your right heel to the floor, snap your fingers.

PIVOTS & SWIVELS:

- & With weight on right ball of foot, pivot ¼ turn right facing 3:00.
- 17 Step left foot forward.
- & With weight on balls of both feet, pivot ½ turn right facing 9:00.
- 18 Transfer weight forward to right foot.
- 19 Step left foot forward.
- & Pivot slightly more than a ¼ turn left while swinging right foot forward.
- 20 Touch right toe beside left heel.
- & With weight on left heel, swivel left toe and body rightward toward 7:00.
- 21 Touch right heel forward.
- & With weight on left toe, swivel left heel rightward with body facing toward 5:00.
- 22 Touch right toe beside left heel.
- & Swivel left toe rightward.
- 23 Touch right heel forward.
- & Swivel left heel rightward.
- 24 Touch right toe beside left heel.
- & With weight on left toe, swivel slightly rightward facing 4:00.

HEEL DIGS:

(You may jazz this up by hopping on the leg that does not go out when touching your Heel forward.)

- 25 Touch right heel slightly forward with strong emphasis.
- 26 Step right foot beside left foot.
- 27 Touch left heel slightly forward with strong emphasis.

- 28 Step left foot beside right foot.
- 29 Touch right heel slightly forward with strong emphasis.
- 30 Step right foot beside left foot.
- 31 Touch left toe diagonally forward toward 9:30.
- 32 Hold one count.

REPEAT

"Elvis Rock" is a country line dance that was choreographed by Vickie Vance & Kevin Johnson for a Tribute to "Elvis" Week, August, 1994, that was being promoted by Graceland. Graceland would like to help establish Elvis's rightful place among country dancers of today! The dance contains some of Elvis's signature moves: pelvic rolls, knee and arm movements.
