

# Eagle Rock

拍數: 0                      牆數: 1                      級數: Advanced  
編舞者: Lois Sturgeon (AUS)  
音樂: Eagle Rock - Daddy Cool



Sequence: AAA, BB, AA, BB, AAAA, BB, B to end. Part A is danced with each verse and instrumental section. Part B is danced with the chorus only.

## PART A

- &1-2                      Step right to right side, step left to left side, cross right over left (keeping weight on left )  
3-4                      Pivot/unwind 1 ½ turns left (finish with weight on left )  
**A half turn can replace the 1 ½ turns if this is too difficult**  
&5&6                      Rock/step back right, rock/step forward left, step right next to left, step left together  
&7-8                      Rock/step back right, rock/step forward left, step right next to left
- &1                      Step forward on ball of left, scoot/slide right forward (leaning back)  
&2                      Step forward on ball of left, scoot/slide right forward (leaning back)  
3-4                      Step forward o heel of left, drop/step left toe down (heel strut)  
&5&6                      Step right to right side, step left to left side, step right to right side, cross/step left toe over right  
7-8                      Unwind full turn right on balls of both feet (finish with weight on right, right crossed over left)
- 1&2                      Hold 1 beat, rock weight onto left, rock/replace weight onto right  
3-4                      Step left big step to left, drag right foot in next to left  
&5                      Twist both heels out (heel splits), twist both toes out (feet now parallel & apart)  
&6                      Twist both heels in, twist both toes in (feet now parallel & together)  
&7                      Twist both heels out (heel splits), twist both toes out (feet now parallel & apart)  
&8                      Turning right foot ¼ turn right, slide/step right to right twice (slide/step are small & fast)

**At the end of the next 4 beats you will have completed a ¾ turn left to face the front wall again.**

- 1                      Twist right toe ½ turn left (body facing forward)  
2                      Turning the body ¼ left twist left toe ¼ left (keep weight on right)  
&3                      Tap left toe next to right, tap/drop left heel next to right (weight still on right )  
4                      Turning body ¼ left twist/step left toes ¼ left (weight on left)  
&5-6                      Tap right toe next to left (right heel out), tap right heel next to left (right toes out),step right forward  
7&8                      Hold 1 beat, stomp/tap left forward, stomp left forward (last stomp with weight)

## PART B

- 1&2                      Hold 1 beat, tap right toe next to left (t heel out), tap right heel next to left (right toe out)  
3                      Step big stomp/step back at 45 degrees right (turning the body ¼ turn right & bending the knees)  
4                      Drag/slide left foot next to right (keeping weight on right & body still facing ¼ turn right of front)  
&5                      Rock/step back left, rock/step forward right  
6                      Bend left knee forward lifting left heel & dragging the left toe next to right (body still facing ¼ turn right)  
&7                      Rock/step back left, rock/step forward right  
8                      Bend left knee forward lifting left heel & dragging left toe next to right(body still facing right)
- &1                      Step left to left side turning ¼ left & hitching right, kick right at 45 degrees right  
2                      Cross/step right over left turning ½ turn left

- 3 Cross/step left behind right turning  $\frac{1}{2}$  turn (finish with feet apart & parallel)  
&4 Jump up & in clicking sides of feet together, jump feet back out  
&5&6 Right & left heel struts-step forward on right heel, drop right toes, step forward on left heel, drop left toes  
&7&8 Repeat right & left heel struts

**At the end of the next 4 beats you will have completed 2 full right turns moving backwards & finish facing front with feet parallel & apart**

- 1-2 Moving backwards step right back turning  $\frac{1}{2}$  right, step left forward turning  $\frac{1}{2}$  turn right  
3 Moving backwards step right back turning  $\frac{1}{2}$  right  
4 Step left to left side turning  $\frac{1}{2}$  right (facing front again & feet apart & parallel)  
&5 Lift up on to toes & scoot forward twice (feet apart & parallel, knees bent)  
6-7 Hold 2 beats (still up on toes)  
8 Scoot forward dropping heels heavily to floor & bending both knees
- &1-2 Big rock/step back left at 45 degrees, rock/step forward right, step left next to right  
&3-4 Big rock/step back right at 45 degrees, rock/step forward left, tap right next to left (weight on left)
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