

Edinburgh Rock

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gabrielle Hancock (UK)
音樂: Maggie's Pancakes - The Sporrán Brothers



SPRING FORWARD & BACK WITH TOE TOUCHES TWICE

- &1 Swing left foot forward stepping onto it-touch right toes behind left heel
- &2 Spring back onto right foot-touch left toes beside instep of right foot
- &3 Spring forward onto left foot.-touch right toes behind left heel
- &4 Spring back onto right foot-touch left toes beside instep of right foot

Hold hands loosely behind back during these steps & look left

SPRING BACK & FORWARD WITH TOE TOUCHES TWICE

- &5 Swing right foot back stepping back onto it-touch left toes beside instep of right foot
- &6 Spring forward onto left foot.-touch right toes behind left heel
- &7 Spring back onto right foot-touch left toes beside instep of right foot
- &8 Spring forward onto left foot.-touch right toes behind left heel

Hold hands loosely behind back during these steps & look right

CHASSE LEFT, HITCH & HOP, CHASSE ¼ TURN RIGHT, HITCH & HOP.

- 9&10 Side step left on left foot-step right foot beside left-side step left on left foot
- 11-12 Hitch right knee across body & hop twice on left leg (or tap right toes twice across left foot)
- 13&14 Side step right on right foot-step left foot beside right-¼ turn right onto right foot
- 15-16 Hitch left knee across body & hop twice on right leg (or tap left toes twice across right foot)

Hands on hips & looking forward during these steps

DIAGONAL STEPS FORWARD & BACK WITH TOE TOUCHES, 4 BACK STEPS & FLICKS

- 17-18 Step forward diagonally left on left foot, tap right toes behind left heel
- 19-20 Step back diagonally right on right foot, tap left toes beside instep of right foot
- &21 Step back on left foot-flick right foot forward (optional finger click)
- &22 Step back on right foot-flick left foot forward (optional finger click)
- &23 Step back on left foot-flick right foot forward (optional finger click)
- &24 Step back on right foot-flick left foot forward (optional finger click)

LEFT HOOK & SHUFFLES FORWARD, LEFT HOOK TURN SHUFFLES FORWARD

- & Hook left foot under right knee
- 25&26 Step forward on left foot-step right foot beside left-step forward on left foot
- 27&28 Step forward on right foot-step left foot beside right-step forward on right foot
- & Hook left foot under right knee spinning ½ turn right on right foot
- 29&30 Step forward on left foot-step right foot beside left-step forward on left foot
- 31&32 Step forward on right foot-step left foot beside right-step forward on right foot

Drop arms straight down by sides & head held high during these steps

REPEAT