

# Dancin' And Rockin'

拍數: 48      牆數: 4      級數: Improver  
編舞者: Barbara R. K. Wallace (CAN)  
音樂: Your Mama Don't Dance - Loggins & Messina



## RIGHT SUGAR FOOT, STEP & CLAP, LEFT SUGAR FOOT, STEP & CLAP

1-2      Touch right toe beside instep of left foot, touch right heel beside instep of left foot  
3-4      Step right foot across in front of left foot, clap  
5-6      Touch left toe beside instep of right foot, touch left heel beside instep of right foot  
7-8      Step left foot across in front of right foot, clap

## LINDY RIGHT AND LINDY LEFT

9&10      Side shuffle right, left, right  
11-12      Rock back on the left foot, recover on the right  
13&14      Side shuffle left, right, left  
15-16      Rock back on the right foot, recover on the left

## RIGHT ROCK/RECOVER AND COASTER STEP, LEFT ROCK/RECOVER AND COASTER STEP

17-18      Rock forward on the right foot, recover back on the left foot  
19&20      Step back on right, step left beside right, step forward on right  
21-22      Rock forward on the left foot, recover back on the right foot  
23&24      Step back on left, step right beside left, step forward on left

## SHUFFLE FORWARD, ½ TURNING SHUFFLE, ROCK/RECOVER, OUT-OUT, IN-IN

25&26      Shuffle forward right, left, right  
27&28      Shuffle left, right, left as you make a half turn to the right  
29-30      Rock back on the right, recover forward on the left  
&31      Small step out to the right, small step out to the left  
&32      Small step in on the right, small step in on the left

## DIAGONAL SYNCOPATED STEPS RIGHT AND LEFT

33-34&      Step forward to right diagonal on right foot, hold and clap, step left beside right  
35-36      Step forward to right diagonal again, hold and clap  
37-38&      Step forward to left diagonal on left foot, hold and clap, step right beside left  
39-40      Step forward to left diagonal again, hold and clap

## ONE SATIN SHEET

41-42      Rock back right, recover forward on the left as you make a ¼ turn left  
43-44      Step side right, step left foot behind (first two steps of a vine)  
45-46      Rock side right, recover left  
47-48      Cross right in front of left, step side left

## REPEAT

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