Country Rock

級數: Intermediate

編舞者: Michael Diven (USA)

音樂: Ready To Rock - Aaron Tippin

CROSS STEP, SIDE STEP, RIGHT SAILOR, STEP, PIVOT, COASTER STEP

- 1-2 Cross step right over left, step left to left side
- 3&4 Right sailor step with a ¼ turn right (3:00)
- 5-6 Step forward on left foot, pivot ¹/₂ turn to the right (weight ends on left foot) (9:00)
- 7&8 Right coaster step in place, stepping right-left-right

STEP, HITCH, COASTER STEP, HITCH, STEP, RIGHT SHUFFLE

- 1-2 Step forward on left foot, hitch right knee up
- 3&4 Right coaster step in place
- 5-6 Hitch left knee up and step left foot back in place
- 7&8 Right shuffle with ½ turn right, stepping right-left-right (3:00)

STEP, PIVOT, LEFT SHUFFLE, ROCK, RECOVER, COASTER STEP

- 1-2 Step forward on left foot, pivot ¹/₂ turn right (9:00)
- 3&4 Left shuffle forward
- 5 Rock forward on the right foot while turning body ¼ turn left (6:00)
- 6 Recover weight back to the left while turning body back ¼ turn right (9:00)
- 7&8 Right coaster step in place (9:00)

ROCK, RECOVER, LEFT SHUFFLE, STEP, PIVOT, LEFT SHUFFLE

- 1-2 Rock forward on left foot, recover weight back to right foot
- 3&4 Left shuffle, turning ½ turn to the left
- 5-6 Step forward on right foot, pivot ½ turn left while touching left toe across right foot
- 7&8 Left shuffle forward, stepping left-right-left

REPEAT

TAG

- 1-2 Rock forward on left foot, recover weight back to right foot
- 3&4 Left shuffle, turning ½ turn to the left

RESTART

On the 10th wall only do the first 24 counts; the music will slow down for about 8 counts. When the music picks up again, you will him start counting 1,2,3,4. At that 4 count you will do the tag one time, and then pick up the dance at the very beginning again. If you are using the album version, the music doesn't slow down. Just keep dancing without the restart.





拍數: 32

牆數:4