

Rock Yourself To Sleep

拍數: 32 牆數: 4 級數: Improver
編舞者: Karl-Harry Winson (UK) - October 2007
音樂: How Long - Eagles : (Album: Long Road Out Of Eden)



Intro: 24 Counts.

(1-8) Right Chasse, Back Rock, Left Kick Ball Cross x2

1&2 Step right foot to the right side, step left foot next to the right, step right foot to the right
3-4 Rock back on the left, Recover forward on the right.
5&6 Kick left Diagonally Left, Step left in place, Cross right foot over the left
7&8 Kick left Diagonally Left, Step left in place, Cross right foot over the left

(9-16) Left Chasse, Back Rock, Right Kick Ball Cross x2

1&2 Step left foot to the left side, step right beside left, step left foot to the left side.
3-4 Rock back on the right, recover forward on the left.
5&6 Kick right diagonally right, Step right in place, Cross left foot over right
7&8 Kick right diagonally right, Step right in place, Cross left foot over right

(17-24) Vine to the right (with dip and ¼ turn) scuff, Left Rocking Chair

1-2 Step right foot to right side, cross left foot behind right and slightly bend both knees (dip with the body)
3-4 Make ¼ right stepping forward on the right, scuff left foot beside the right
5-6 Rock forward on the left, recover back on the right
7-8 Rock back on the left, recover forward on the right

(25-32) Left Step ½ turn x2, Forward Rock coaster Cross

1-2 Step forward on the left, make a half turn over the right shoulder (9:00)
3-4 Step forward on the left, Make a half turn over the right shoulder (3:00)
5-6 Rock forward on the left, recover back on the right
7&8 Step back on the left, step right next to left, cross left over right.

Begin again.

Tag: 1 tag and the End of wall number 3.

1-4 Step Right Tap, Step Left Tap
1-2 Step right to the right side, Tap left Foot next to the right
3-4 Step left foot to the left side, Tap right foot next to the left