

Electric Rock

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Phil Johnson (UK) - May 2008

音樂: Hold On Tight - Electric Light Orchestra : (CD: 1.All Over the World: The Very Best of Electric Light Orchestra; 2.Time; 3.More Than A Feeling: The Greatest Rock Anthems of All Time)



Intro: 32 Count Intro (152 bpm)

(Travelling Backwards) Right and Left Toe Struts with Half Turns right x 2;

1-4 Half turn right stepping right toe forward, drop right heel to floor clapping hands; Half turn right stepping back on left toe, drop left heel to floor clapping hands;

5-8 Repeat counts 1-4. (12 0'clock)

Syncopated Lock Steps Forward - Right, Left, Right, Left.

9&10 Slightly to a right diagonal - Step right forward, lock left behind right, step right forward;

11&12 Slightly to a left diagonal - Step left forward, lock right behind left, step left forward; (12 0'clock)

13&14 Repeat steps 9&10

15&16 Repeat steps 11&12 (12 0'clock)

¼ Paddle Turns to the left x 4

17-18 Step on right toe forward (swaying hips forward), pivot ¼ turn left (swaying hips to left

19-24 Repeat steps 17-18 three more times to make a full paddle turn left (weight ends on left) (12 0'clock)

As an Alternative (If your left knee can take it!!!)

17-18 Hitch right knee slightly across left thigh ¼ turning to left, point right toe to right side;

19-24 repeat counts 17-18 three times to make a full turn left. (12 0'clock)

Note: As you hitch, drop left shoulder raising right shoulder, and as you point, drop right shoulder raising left shoulder

Three Dwight Swivets Right Kick, Right Jazz Box ¼ Turn Right, Left Cross, Right Jazz Box ¼ Turn Right, Step Left Forward

25-28 Swivel left heel to right and touch right toe to left heel, swivel left toe to right and touch right heel to left toe, Swivel left heel to right and touch right toe to left heel, kick right to right diagonal (steps 25-27 moving slightly to the right);

29-32 Cross step right over left, step back on left (starting to turn ¼ turn right), ¼ turn right stepping right to right side, cross step left in front of right;

33-39 Repeat steps 25-31.

40 Step forward on left (6 0'clock)

Alternative to Dwights – Swivel both feet to right - heel toes heel and then kick right. First Jazz Box will end with left beside right rather than across right

Step Forward Half Turn Left Step Forward Hold and Clap, Step Forward Half turn Right Step Forward Hold and Clap

41-44 Step right forward, pivot half turn left, step right forward, hold and clap; (12 0'clock)

45-48 Step left forward, pivot half turn right, step left forward, hold and clap. (6 0'clock)

Restart here on walls three and five. You will be facing the back wall. On wall five there is a 2 count tag before you restart - Touch right to right side and bump hips right left (keeping weight on left foot) then restart

Touch Right Toe Forward, Hold with finger click, Right Left and Right Cross Struts Backwards with finger clicks; Touch Left Toe Backwards Hold with finger click, Left Right and Left Cross Struts Forwards with finger

clicks

- 49-52 Touch right toe forward, hold whilst clicking fingers to the right, cross step back on right toe behind left leg, drop right heel to ground and click fingers to the left;
- 53-56 Cross step back on left toe behind right leg, drop left heel to floor and click fingers to the right, cross step back on right toe behind left leg, drop right heel to floor and click fingers to the left;
- 57-60 Touch left toe back, hold and click fingers to the right, cross step forward on left toe in front of right, drop left heel to floor and click fingers to the left;
- 61-64 Cross step forward on right toe in front of left leg, drop right heel to floor and click fingers to the right, cross step forward on left toe in front of right leg, drop left heel to floor and click fingers to the left. (6 O'clock)

Repeat

END During wall seven you will arrive at steps 41 – 48 (the restarts) with four beats of music left. After count 48 kick your right foot forward, touch right toe across left, unwind half a turn left over two beats of music to face the front as the song ends.

Enjoy
