

Around The Clock

拍數: 48 牆數: 4 級數: Improver
編舞者: Louise Elfvengren (NOR) - October 2008
音樂: Rock Around the Clock - Bill Haley & The Comets



Intro: 28 counts

Section 1: RUN FORWARD X 3, KICK. RUN BACKWARDS X 3, KICK.

- 1-4 Run right – left – right. Kick left foot forward.
- 5-8 Run backwards left – right – left. Kick right foot forward. (12 o'clock)

Section 2: ROCK & CROSS WITH HOLDS X 2

- 1-4 Rock right to the side, recover, cross right over left, hold.
- 5-8 Rock left to the side, recover, cross left over right, hold.

Section 3: 3/4 TURN LEFT WITH HITCH (Clap hands every hitch), RIGHT AND LEFT TOE STRUT (forward or in place).

- 1-2 Step down on right foot, turn 1/2 left while lifting up left leg.
- 3-4 Step down on left foot, turn 1/4 left while lifting up right leg.
- 5-6 Put down right toes with weight on the ball, put down rest of the foot.
- 7-8 Put down left toes with weight on the ball, put down rest of the foot. (3 o'clock)

Section 4: SIDE TOGETHER SIDE AND KICKS X 2 (Option: Side behind side, kick x 2)

- 1-2 Step right to right side, step left next to right,
- 3-4 Step right to right side, kick forward with left foot.
- 5-6 Step left to left side, step right next to left.
- 7-8 Step left to left side, kick forward with right foot.

Section 5: KICKS TRAVELLING BACKWARDS

- 1-4 Step down on right, kick forward with left, step down on left, kick forward with right (moving backwards every step)
- 5-8 Step down on right, kick forward with left, step down on left, kick forward with right (moving backwards every step)

Section 6: STOMP - HOLD X 2, RIGHT AND LEFT TOE STRUT (backwards or in place).

- 1-4 Stomp right foot, hold. Stomp left foot, hold.
- 5-6 Put down right toes with weight on the ball, put down rest of the foot.
- 7-8 Put down left toes with weight on the ball, put down rest of the foot. (3 o'clock)