

Rokjes

拍數: 0 牆數: 1 級數: Phrased Novelty Beginner
編舞者: Saskia Venus & Anita van Meenen - December 2008
音樂: Rokjes - K3



Sequence : A - A - B - A - C - A - B - A - D - A - C - C

PART A

CROSS ROCK STEP RIGHT, CROSS ROCK STEP LEFT, KICK BALL STEP, BUMP HIP

1 RF cross over LF
& LF recover
2 RF step to right
3 LF cross over RF
& RF recover
4 LF step to left
5 RF kick forward
& RF step back
6 LF step forward
7 bump hip forward
& bump hip back
8 bump hip forward

Repeat counts 1-8

PART B

TOUCH FORWARD/SIDE, SAILORSTEP RIGHT AND LEFT

1 RF touch forward
2 RF touch side
3 RF cross behind LF
& LF step side left
4 RF step side right
5 LF touch forward
6 LF touch side
7 LF cross behind RF
& RF step side right
8 LF step side left

ROCK STEP, ½ SHUFFLE TURN x2

9 RF rock forward
10 LF recover
11 RF ¼ turn right
& LF step beside right
12 RF ¼ turn right
13 LF rock forward
14 RF recover
15 LF ¼ turn left
& RF step beside left
16 LF ¼ turn left

TRIPLE- STEP TURN RIGHT, PUSH TURN

17 RF ¼ turn right
18 LF ½ turn right

- 19 RF ¼ turn right
- 20 LF touch beside right
- 21 RF ¼ turn right, LF touch side
- 22 RF ¼ turn right, LF touch side
- 23 RF ¼ turn right, LF touch side
- 24 RF ¼ turn right, LF touch side

VINE LEFT, PIVOT LEFT

- 25 LF step left
- 26 RF cross behind
- 27 LF step left
- 28 RF touch beside
- 29 LF ¼ turn left, RF touch side
- 30 LF ¼ turn left, RF touch side
- 31 LF ¼ turn left, RF touch side
- 32 LF ¼ turn left, RF touch side

PART C

- 1 RF step 1/8 left
- 2 LF slide to RF
- 3 LF step 1/8 left
- 4 RF slide to LF
- 5 RF step 1/8 left
- 6 LF slide to RF
- 7 LF step 1/8 left
- 8 RF slide to LF
- 9 RF step 1/4 left
- 10 LF slide to RF
- 11 LF step 1/4 left
- 12 RF slide to LF
- 13-16 RF/LF full turn right, touch LF beside right

- 17 LF step 1/8 left
- 18 RF slide to LF
- 19 RF step 1/8 left
- 20 LF slide to RF
- 21 LF step 1/8 left
- 22 RF slide to LF
- 23 RF step 1/8 left
- 24 LF slide to RF
- 25 LF step 1/4 left
- 26 RF slide to LF
- 27 RF step 1/4 left
- 28 LF slide to RF
- 29-32 LF/RF full turn left, touch RF beside left

PART D

MAMBO STEP RIGHT/LEFT, HIP TURN, MAMBO STEP, RIGHT/LEFT, ¼ TURN LEFT, TOUCH, CHASSE LEFT

- 1 RF rock forward
- & LF recover
- 2 RF step beside
- 3 LF rock back
- & RF recover

4 LF step beside
5-8 RF touch right making hip sway $\frac{1}{4}$ turn left

9 RF rock forward
& LF recover
10 RF step beside
11 LF rock back
& RF recover
12 LF step beside
13 RF step $\frac{1}{4}$ turn
14 LF touch beside right
15 LF step side left
& RF step beside
16 LF step side left

17-32 Repeat counts 1-16
