

Rock N Roll

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Andrew Palmer (UK) & Sheila Palmer (UK) - March 2009
音樂: Rock 'N' Roll Is King - Electric Light Orchestra



Intro: Start on vocals (after 32 counts)

Note: Our thanks to Harry Seddon for support with the dance

(1-8) Side. Recover. Forward. Hold. Side. Recover. Forward. Hold

1-4 Rock Right to side, Recover, Step Right in front, hold
5-8 Rock Left to side, recover, Step Left in front, hold

(9-16) Side. Together. Back. Hold. Side. Together. Forward. Hold

1-4 Step Right to side, Step Left beside Right, Step back on Right, hold
5-8 Step Left to side, Step Right beside Left, Step forward on Left, hold

(17-24) Rock. Recover. Together. Hold. Back. Together. Forward. Sweep

1-4 Rock forward on Right, Recover, Step Right beside Left, hold
5-8 Step back on Left, Step Right beside Left, Step forward on Left, Sweep Right to side

(25-32) Cross. Sweep. Cross. Hold. Step. Lock. Step. Hold

1-4 Cross Right over Left, Sweep Left to side, Cross Left over Right, hold
5-8 Step back on Right, Lock Left across Right, Step back on Right, hold

(33-40) Side. Together. 1/4 Turn Step. Hold. Step. Pivot 1/2. Step. Hold

1-4 Step Left to side, Step Right beside Left, 1/4 turn Left (9:00) Step forward on Left, hold
*** RESTART here on wall 3 (facing 9:00) and wall 6 (facing 6:00)
5-8 Step forward on Right, Pivot 1/2 turn Left (3:00) Step forward on Right, hold

(41-48) Rock. Recover. Rock. Recover. Shuffle. Hold

1-4 Rock forward on Left, Recover, Rock back on Left, Recover
5-8 Shuffle forward L-R-L, hold

(49-56) Toe-Strut. Toe-Strut. Side. Together. Side. Hold

1-4 Cross Right toe over Left, Drop Right Heel, Touch Left toe back, Drop Left heel
5-8 Step Right to side, Step Left beside Right, Step Right to side, Hold

(57-64) Cross. Recover. 1/4 Turn Step. Hold. Pivot 1/2. Step. Touch. Hold

1-4 Cross-Rock Left over Right, Recover, 1/4 turn Left (12:00) Step forward on Left, hold
5-8 Step forward on Right, Pivot 1/2 turn Left (6:00), Touch Right beside Left, hold