

Dance or Rock n Roll

拍數: 48 牆數: 2 級數: Improver
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音樂: Mama Don't Dance & Your Daddy Don't Rock & Roll - Dr. Hook



SCUFF, HITCH/SCOOT, STEP, ROCK STEP (2X)

1&2 RF scuff, hitch r knee & scoot on lf, step on RF
3,4 LF rock back, RF weight back on RF
5&6 LF scuff, hitch l knee & scoot on rf, step on LF
7,8 RF rock back, LF weight back on LF

SHUFFLE ¼ TURN RIGHT, PIVOT ½, STEP, ½ TURN, ¼ TURN, TOUCH

1&2 RF step to the right side, lf close to rf, ¼ turn right and rf step forward
3,4 LF step forward, ½ turn right and step rf forward
5,6 LF step forward, ½ turn left and rf step back
7,8 ¼ turn left and lf step big step to left side, rf touch close to lf

KICK BALL CROSS (2X), STEP, TOUCH, KICK BALL CROSS

1&2 RF kick diagonal right, rf step on rf, lf cross over rf
3&4 RF kick diagonal right, rf step on rf, lf cross over rf
5,6 RF step to the right side, lf touch close to rf
7&8 LF kick diagonal left, lf step on lf, rf cross over lf

¼ TURN SHUFFLE, SHUFFLE, WALK, WALK, TOUCH SCOOT/HITCH, STEP

1&2 LF step to the left side, rf close to lf, ¼ turn left and lf step forward
3&4 RF step forward, lf close to rf, rf step forward
5,6 Step lf forward, step rf forward
7&8 LF touch behind rf, lift lf and scoot back on rf, lf step back

TOUCH SCOOT/HITCH, STEP, ROCK STEP, SHUFFLE FORWARD, PIVOT ½

1&2 RF touch behind lf, lift rf and scoot back on lf, rf step back
3,4 LV rock back on lf, rf weight on rf
5&6 LF step forward, rf close to lf, lf step forward
7,8 RF step forward, ½ left and lf step forward

STEP, HOLD, ½ TURN, HOLD, STEP, HOLD, ¼ TURN, HOLD

1,2 RF step forward, hold (and snap fingers)
3,4 ½ turn left (weight on lf), hold (and snap fingers)
5,6 RF step forward, hold (and snap fingers)
7,8 ¼ turn left (weight on lf), hold (and snap fingers)

Have fun!

No tags or restarts...