

Rock' n Roll

拍數: 64 牆數: 4 級數: Improver
編舞者: Lane Lee (MY) - December 2010
音樂: Rock 'N' Roll Is King - Electric Light Orchestra



Intro: 32 count

Section 1: Cross Rock Recover, Right Shuffle, Cross Rock Recover, Left Shuffle

1-2 Cross R over L, Recover weight on L
3&4 Step R to R, Step L beside R, Step R to R
5-6 Cross L over R, Recover weight on R
7&8 Step L to L, Step R beside L, Step L to L (12.00)

Section 2: Pivot Half Turn left , Hold 2x

1-2 Step R forward, Hold
3-4 Pivot 1/2 turn L, Hold
5-8 Repeat (1-4) (12.00)

Section 3: Front Cross Points, Back Cross Points

1-2 Cross R over L, Point L to L. (Body diagonal R)
3-4 Cross L over R, Point R to R. (Body diagonal to L)
5-6 Cross R behind L , Point L to L. (Body diagonal R)
7-8 Cross L behind R, Point R to R. (Body diagonal) (12.00)

Section 4: Step Touch, 1/4 Turn Left X2, Shuffle To Right, Rock Recover

&1-2 1/4 turn L, Step R to R, touch L beside R
&3-4 1/4 turn L, Step L to L, touch R beside L
5&6 Step R to R, Step L beside R, Step R to R
7-8 Rock L behind R, Recover weight on R (6.00)

Section 5: Left shuffle, 1/2 Turn Right, Cross, Toe, Heel, Toe, Heel

1&2 Step L to L, Step R beside L, Step L to L
3-4 1/2 turn R, Stepping R to R, Cross L over R
5-8 Touch R toe beside L, R heel, R toe, R heel, (Travelling to R) (12.00)

Section 6: Rock Recover, Forward, Hold, Toe, Heel, Toe, Heel

1-2 Rock R back, Recover weight on L
3-4 Step R forward hold (Weight on R)
5-8 Touch L toe beside R, L heel, L toe, L heel, (Travelling to L) (12.00)

Section 7: Left Forward Shuffle, ¼ Left, Pivot 1/2 Turn Left, Diagonal Shuffle To Right & Left

1&2 Step L forward ¼ turn L, Step R beside L, Step L to L
3-4 Step R forward, 1/2 turn L. stepping L forward (Weight on L)
5&6 Step R diagonally to R, Step L beside R, Step R forward
7&8 Step L diagonally to L, Step R beside L, Step L forward (3.00)

Section 8: Full Turn Left, Stomp and Twist

1-2 Step R 1/2 turn L, Step L 1/2 turn L
3-4 Step R forward, Stomp L beside R
5,6,7,8 Twist R, L, R, Centre (Weight on L) (3.00)

Restart : Wall 3 (facing 6.00) and Wall 6 (facing 12.00) dance till section 5: counts 1-4 than restart the dance

Ending : During wall 8 (facing 3.00)dance till section 7- Change 3-4 to walk R, L forward than...continue with section 8 (facing 12.00)

Start Again! Have Fun!!!

Contact: laneleek61@yahoo.com
