

Rock & Move

拍數: 32 牆數: 2 級數: Beginner
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音樂: Rock Your Body - The Phonkers



Intro: 16 counts. Weight on L - 1 Tag

[1 – 8] Rock Recover, Prissy Walks, R shuffle fwd, L shuffle fwd

1 - 2 Rock R back, Recover on L 1200
3 - 4 Step R across L, Step L across R 1200
5 & 6 Step R fwd, Step L next To R, Step R fwd 1200
7 & 8 Step L fwd, Step R next To L, Step L fwd 1200

[9 – 16] BUMP HIPS R,L,R,L Back touch, back touch

1 - 4 Step right fwd and bump hips R,L, R, L 1200
5 - 6 Step R back, Touch L next to R, 1200
7 - 8 Step L back, touch R next to L 1200

[17 – 24] Rock Recover, R shuffle fwd, Step 1/2 , L shuffle fwd

1 – 2 Rock R back, Recover on L 1200
3 & 4 Step R fwd, Step L next to R, Step R fwd 1200
5 – 6 Step fwd on L, turn ½ R stepping on to R 0600
7 & 8 Step L fwd, step R next to L, Step L fwd 0600

[25 – 32] Step Out, Out, In, In, Out, Out, In, Slightly back

1 - 2 Step R diagonal fwd, step L diagonal fwd. 0600
3 - 4 Step R back to center, step L back to center 0600
5 - 6 Repeat section 25- 26 0600
7 - 8 Step R back to center, step L back 0600

REPEAT

TAG: 4 count Tag after wall 11, facing 0600, Step Out, Out. Touch R next to L, hold. The music “tells” you that something is going to happen.
