

Rock and Roll Heart

拍數: 48 牆數: 4 級數: High Beginner
編舞者: Karen Tripp (CAN) - July 2012
音樂: I've Got a Rock 'N' Roll Heart - Eric Clapton : (Album: Money and Cigarettes)



Wait: 16 counts

Tag: 4 hip bumps at end of Wall 1 (facing 9:00) and 3 (facing 3:00), Restart on Wall 5 after 32 counts

End: Ends at count 24, omit the turn on the Triple (do a side shuffle), ends facing 12:00

[1-8] STEP, POINT SIDE, STEP, POINT SIDE, FORWARD SHUFFLE TWICE

1-4 Step forward on right, point left toe to the side, step forward on left, point right toe to the side
5&6 Step forward on right, close left to right, step forward on right
7&8 Step forward on left, close right to left, step forward on left

**** Alternate option for counts 5-8: 2 Forward Locking Steps**

[9-16] JAZZ BOX WITH CROSS, 4-COUNT VINE

9-12 Cross right over left, step back on left, step side on right, cross left over right
13-16 Step side on right, cross left behind right, step side on right, cross left over right

[17-24] SYNCOPATED SCISSORS, VINE 2, TRIPLE ¼ LEFT **

17-18 Step side on right, close left to right
19&20 Cross right over left, step left in place, cross right over left
21-22 Step side on left, cross right behind left
23&24 Turn ¼ left and step left, step right in place, step left in place (9:00)

**** Dance ends here; omit turn on the Triple**

[25-32] STEP FORWARD, TURN ½, FORWARD LOCKING STEP, ROCK FORWARD, RECOVER, STEP BACK, HOOK

25-26 Step forward on right, turn ½ left and step left
27&28 Step forward on right, lock left behind right, step forward on right
29-32 Rock forward on left, recover back onto right, step back on left, hook right foot over left shin
(3:00)

----->Restart here on Wall 5 <-----

[33-40] DIAGONAL FWD LOCK STEP, ROCK FWD, RECOVER, DIAGONAL LEFT FWD LOCK STEP, ROCK, RECOVER

33&34 Step diagonally right, lock left behind, step forward right (1:00)
35-36 Rock diagonally forward on left, recover on right adjusting to face wall
37&38 Step diagonally left, lock right behind, step forward left (11:00)
39-40 Rock diagonally forward on right, recover on left adjusting to face wall (3:00)

[41-48] BACK LOCKING STEP 2X, ROCK BACK, RECOVER, STEP FORWARD, TURN ½ LEFT

41&42 Step back on right, cross (lock) left in front of right, step back on right
43&44 Step back on left, cross (lock) right in front of left, step back on left
45-48 Rock back on right, recover forward on left, step forward on right, turn left ½ and step left
(9:00)

TAG

1-4 Hip bumps R, L, R, L

RESTART: The fifth time you do the sequence (starting facing 12:00), restart after 32 counts (you will be facing 3:00).

END: Omit the turn on the ¼ turn triple and remain facing 12:00

Choreographer Information: Karen Tripp, Cranbrook, British Columbia
E-mail: karen@trippcentral.ca - Web: www.trippcentral.ca/dance
