

Rock Me

拍數: 64 牆數: 4 級數: Improver / Intermediate
編舞者: Nina McMullan (N.IRE) - September 2012
音樂: Wagon Wheel - Nathan Carter



With 2 Restarts (Walls 3 & 6 After Count 32 Both Times)

Section 1 - Hip bumps right ,left, right, left. ¼ turn right hip bumps right, left, right, left

1-2 Bump hips right, bump hips left
3-4 Bump hips right, bump hips left
5-6 Making ¼ turn right bump hips right, bump hips left
7-8 Bump hips right, bump hips left

Section 2 - ¼ turn right hip bumps right, left, right, left, ¼ turn right hip bumps right, left, right, left,

9-10 Making ¼ turn right bump hips right, bump hips left
11-12 Bump hips right, bump hips left
13-14 Making ¼ turn right bump hips right, bump hips left
15-16 Bump hips right, bump hips left

Section 3 - Grapevine right, side rock, back rock right

17-18 Step right foot to right side, step left foot behind right
19-20 Step right foot to right side, cross left foot in front right
21-22 Stepping right foot to right side rock weight onto right recover weight onto left
23-24 Stepping right behind left rock weight onto right, recover onto left

Section 4 - Side shuffle right, rock back left, side shuffle left rock back right

25&26 Step right foot to right side, close left beside right, step right to right side
27-28 Rock weight on left behind right, recover weight onto right
29&30 Step left foot to left side, close right beside left, step left to left side
31-32 Rock weight on right behind left, recover weight onto left

Two restarts here on wall 3 (3o'clock) and wall 6 (6o'clock)

Section 5 - Right forward rock recover onto left, ¼ turn left back rock right recover onto leftx2

33-34 Rock weight forward onto right, recover weight onto left
35-36 Making a ¼ turn left rock back onto right, recover weight onto left
37-38 Rock weight onto right recover weight onto left
39-40 Making a ¼ turn left rock back onto right, recover weight onto left

Section 6 - Right forward rock recover onto left, ¼ turn left back rock right recover onto left x 2,

41-42 Rock weight onto right recover weight onto left
43-44 Making a ¼ turn left rock weight back onto right, recover weight onto left
45-46 Rock weight onto right recover weight onto left
47-48 Making a ¼ turn left rock weight back onto right, recover weight onto left

Section 7 - Right side behind ¼ shuffle, left rock recover, shuffle ½ turn left

49-50 Step right foot to right side, step left behind right
51&52 Making ¼ turn right step right, close left beside right, step right forward
53-54 Rock forward left, recover onto right
55&56 ½ shuffle left, stepping left, right, left

Section 8 - Step right ½ turn left, shuffle right. Box step with ¼ turn

57-58 Step right foot forward, pivot ½ turn left
59&60 Step forward right , close left beside right, step right forward

61-62 Cross left foot over right, step right foot back
63-64 Making ¼ turn left step left to left side, step right beside left

ENJOY!!!!

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