

C'mon Lets "R.O.C.K."

拍數: 40 牆數: 4 級數: Improver
編舞者: Mary E Richardson (SCO) - 2013
音樂: R.O.C.K. by Bill Haley and the Comets



48 Count Intro

Section 1 – Touch Step – Touch Step – Back Rock – Kick Step

1 2 Touch right toe in place, step right in place
3 4 Touch left toe in place, step left in place
5 6 Rock back on right, recover onto left
7 8 Kick right forward, step right in place

Section 2 - Touch Step – Touch Step – Back Rock – Kick Step

1 2 Touch left toe in place, step left in place
3 4 Touch right toe in place, step left in place
5 6 Rock back on left, recover onto right
7 8 Kick left forward, step left in place

Section 3 - Toe Struts $\frac{1}{4}$ Each x4 Clockwise in Own Circle (With Finger Snaps/claps)

1 2 Step forward making $\frac{1}{4}$ turn to right on right toe, drop right heel to floor (3 o'clock)
3 4 Step forward making $\frac{1}{4}$ turn to right on left toe, drop left heel to floor (6 o'clock)
5 6 Step forward making $\frac{1}{4}$ turn to right on right toe, drop right heel to floor (9 o'clock)
7 8 Step forward making $\frac{1}{4}$ turn to right on left toe, drop left heel to floor (to face front)

Section 4 - Jazz Box In Place – Jazz Box $\frac{1}{4}$ Turn Right

1 2 Step right over left, step back on left
3 4 Step right to right side, step forward on left
5 6 Step right over left, step back on left
7 8 Step right making $\frac{1}{4}$ Turn right to right, step forward on left

Section 5 - Charleston

1 2 Step right forward, kick left forward and clap
3 4 Step left back, touch right toes back and clap
5 6 Step right forward, kick left forward and clap
7 8 Step left back, touch right toes back and clap