

STL No Limit

拍數: 96 牆數: 1 級數: Intermediate
編舞者: Kris White - May 2014
音樂: Rock It - Master P



Begin at the heavy beat on "You got to ROCK..." - Start with weight on L

INTRO ONLY (not included in the 96 count sequence)

[1-16] □ ROCK THE BOAT X2 (it is done twice only at the beginning of the dance) □

1&2&3&4 Chug 360 L stepping RLRLRLRLRLRLRL (L stays in place)

&5&6&7&8

1&2&3&4 Chug 360 R stepping LRLRLRLRLRLRL (R stays in place)

&5&6&7&8

Styling: clap hands in brushing motion during chugs

MAIN DANCE

[1-32] □ HEEL SWITCHES AND HEEL JACKS, FOLLOWED BY STEP, TURNS □

(When they sing the chorus, "Ooh, ooh, baby, come on you can wobble with it")

1&2&3&4 Heel-&-heel-&-cross-&-heel-&-heel-&-heel-&-cross-&-heel-& (wt L)

&5&6&7&8&

1-8 Step, turn ¼ L [9]; repeat [6], repeat [3], repeat [12] (wt L)

1-16 Repeat previous 16

[1-16] □ HEEL SWITCHES AND HEEL HOOK-HEEL, TOUCH-SWIVEL-SWIVEL-KICK, COASTER STEP ***

1&2&3&4 Touch R heel fwd, switch to L, touch L heel fwd, switch to R; touch R heel fwd, hook, fwd

5&6&7&8 Touch R to side, swivel heel out-in-kick R; step back R, step L home, step fwd R

1-8 Mirror previous 8 starting with L heel and ending wt on L

[1-32] □ CHA-CHAS

1&2, 3&4, Triple fwd RLR, LRL; "Jamaica" turn ¼ L [9] stepping RLRLRLRL

5&6&7&8&

1&2, 3&4, Triple fwd RLR, LRL; wobble turn ¼ L [6] stepping RLRLRLRL

5&6&7&8&

1&2, 3&4, Triple fwd RLR, LRL; "Jamaica" turn ¼ L [3] stepping RLRLRLRL

5&6&7&8&

1&2, 3&4 Triple fwd RLR, LRL

[change] 5&6&7&8&: Touch R to side, step back R, touch L to side, step back L, repeat (wt ends L)

[1-16] ROCK THE BOAT CHUG/CLAPS WITH L,R, TWISTS AND HEAD/HIP ROLL

You are still facing [3], but you'll hear the "rock the boat" lyrics. Start the chug/claps to left, going around

ONCE ending at [12]

1&2&3&4 Rock the boat chug/claps turning 1-1/4 L; wt ends R. Listen for "left, right" etc.

&5&6&7&8

1-2-3-4, 5&6& Twist L, R, L, R; small steps forward LRLR (feet apart)

7&8& Step onto L do hip roll or head roll (weight stays L)

SEQUENCE:

Do all 96 counts

Do all 96 counts

Do 48 counts through heel switches, hooks, and coasters

Do 16 count ***TAG: Repeat previous 16 counts (heel switches, hooks, and coasters)

Resume 48 counts of dance from cha-chas through rock the boat)

Do first 32 counts (heel switches and turns during chorus)

END: Touch R heel fwd, switch to L heel fwd, then “put your game face on”

I saw this dance at an event and liked it so much I compiled this step sheet for myself and others. I watched several demo and instructional videos, many of which contain regional variations, so this may not be exactly the way YOU do it, and I don't mean to imply this is the ONLY way to do it and mistakes are mine, not the choreographer's. In keeping with the soul line/step dance tradition, feel free to add your own styling. Regardless of how you do it, you'll have fun. Lisa McCammon, May 2014

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