

Rock It Off

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Roxanne Winstead & Donna Manning (USA) - August 2019

Musik: Rock It Off - Stray Cats



[1-8] R Weave, R to R Side, Slide L to center, L Back Rock, Recover

- 1-4 Right side step, Left behind right, Right side step, cross L over R
5-6 Step R to R side, slide L into center
7-8 Rock Left back, Recover to Right

[1-8] Side, Behind & Cross, 1/4 Ball Turn, L Fwd, Pause, R Rock Recover

- 1 2,&3 Step L to L side, R behind L, step ball of L to L, close to R heel, cross R over L
&4 during ¼ turn to L knee pop(heel raise) taking weight to R
5-6 Step L fwd, pause
7-8 Rock R fwd, recover to L

[1-8] R slow back Coaster Cross, Pause, Sway (LRL) Pause

- 1,2,3,4 Step R back, L close to R, step R across L, pause
5,6,7,8 Step L to L side & Sway L-R-L, pause

[1-8] K-Step, R Brush

- 1-4 Step R to R fwd diagonal, touch L to R, Step L back diagonal, touch R to left,
5-8 Step R back diagonal, touch L to R, Step L fwd, Brush R fwd

[1-8] Scoot fwd R-L, Scoot Back R with claps 2,4 L, Knee Pops

- &1,2 Step R fwd, step L fwd about shoulder width, pause
&3,4 Step R back, step L Back) closer to center, pause
5,6,7,8 (Elvis style) R knee over L, L knee over R, R knee over L, pause

[1-8] R Back Slow Coaster, L Brush, L Fwd, ½ to R with Heel Bounces x3

- 1-4 Right step back, close L to R, step R fwd, L Brush
5&6&7&8 Step L fwd, 1/2 turn to R (With weight on balls of feet lift and drop heels x3 taking weight to L on 8)
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