Rock A Billy Rock (搖滾比利) (zh)

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Francien Sittrop (NL) - 2009年10月
Music: Rock a Billy - Guy Mitchell : (2:14)

前奏： Intro: Start after 16 counts on Vocals

第一段 **Toe Struts x2, ¼ R with Lockstep, Scuff**
趾踵步二次, 右1/4帶鎖步, 擦踢

1–2 趾 踵 Step on R toe to R side , Drop Heel
右足趾右點, 右足踵踏

3–4 趾 踵 Step on L toe across R , Drop Heel
左足趾於右足前交叉點, 左足踵踏

5–6 右90 後鎖步 擦踢 7–8 ¼ Turn R step R fwd, Lock L behind R (3.00)
右轉90度右足前踏, 左足於右足後鎖踏(面向3點鐘)
Step R fwd, Scuff L fwd
右足前踏, 左足前擦踢

第二段 **Rocking Chair, Rock, ¼ Recover, Cross, Hold**
搖椅步, 下沉, 1/4回復, 交叉, 候

1–2 Rocking chair 3–4 Rock on L heel fwd, Recover on R
左足踵前下沉, 右足回復
Rock L back, Recover on R
左足後下沉, 右足回復

5–6 前下沉 右90 Rock L fwd, ¼ Turn R (6.00)
左足前下沉, 右轉90度(面向6點鐘)

7–8 交叉 停 Step L across R, Hold
左足於右足前交叉踏, 候

第三段 **Dwight Swivels with Kick, Behind, Side, Cross, Hold**
趾踵轉帶踢, 後, 側, 交叉, 候

1–2 點 點 Swivel L Heel R touching R Toe Beside L, Swivel L Toe R Touching L heel Diag fwd
左足踵旋轉右足趾併點, 左足趾旋轉右足於左足踵斜前點

3–4 點 踢 Swivel L Heel R touching R Toe Beside L, Kick R fwd
左足踵旋轉右足趾併點, 右足前踢

5–6 後 旁 Step R behind L , Step L to L side
右足於左足後踏, 左足左踏

7–8 前 停 Step R across L , Hold
右足於左足前交叉踏, 候

第四段 **Rock, ¼ Turn R, Stomp, Stomp, Knee Pops (or Hip Bumps)**
下沉, 右1/4, 重踏, 重踏, 膝彈(或推臀)

1–2 左下沉 右90 Rock L to L side, ¼ Turn R (9.00)
左足左下沉, 右轉90度右足回復(面向9點鐘)

3–4 重踏 重踏 Stomp L fwd, Stomp R next to L (15 cm from each other)
左足前重踏, 右足併重踏(雙足分開15公分)

5–8 膝彈 Knee Pops (listen to the music for the Knee Pops. During The Odd walls 2 Knee Pops and the Even walls 4 Knee Pops)
膝彈(配合音樂節拍, 單數面牆時做兩次, 偶數面牆時做四次)
Option for knee pops: Hip bumps 膝彈可換成推臀

TAG: AFTER Wall 3 & 5 & 7 第三,五,七面牆結束時加16拍

Monterey's (½ Turn) 蒙特瑞轉

1–2 點 右90 Touch R to R side, ¼ Turn R step R next to L
右足右點, 右轉90度右足併踏

3–4 點 併 Touch L to L side, Step L next to R
左足左點, 左足併踏

5–8 重覆 Same as count 1 – 4 重覆第1-4拍

Monterey's (½ Turn), Stomp, Hold
蒙特瑞轉, 重踏, 候

1–2 點 右90 Touch R to R side, ¼ Turn R step R next to L
右足右點, 右轉90度右足併踏

3–4 點 併 Touch L to L side, Step L next to R
左足左點, 左足併踏

5–6 點 右90 Touch R to R side, ¼ Turn R stomp R next to L
右足右點, 右轉90度右足併重踏

7–8 重踏 停 Stomp L , Hold (weight ends on L)
左足重踏, 候(重心在左足)

Ending: Last wall is on the 6.00 wall. Start with the 2 toe struts , then ¼ R with R stomp, ¼ R with L stomp
結束：面向6點鐘, 趾踵步二次, 右轉90度右足重踏, 右轉90度左足重踏