

Rock It

Compte: 32

Mur: 2

Niveau: Easy Beginner



Chorégraphe: J. Connor - September 2016

Musique: Uptown Funk (feat. Bruno Mars) - Mark Ronson

Rock Forward, Side, Back, Step

1-8 Rock right forward, recover on left, rock right to side, recover on left, rock right back, recover on left, step on right, hold.

Rock Forward, Side, Back, Step

1-8 Rock left forward, recover on right, rock left to side, recover on right, rock left back recover on right foot, step on left foot, hold.

Rocking Chair x 2

1-4 Rock right forward, recover on left, rock right back, recover on left

5-8 Rock right forward, recover on left, rock right back, recover on left

Pivot ¼ left x 2, Sway RLRL

1-4 Step forward right, pivot ¼ turn to left, step forward right, pivot ¼ turn to left

5-8 Sway right, left, right, left

Repeat

Note: This is a beginner dance to use for teaching rocks.

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