Eagle Rock

Compte: 0	**Mur:** 1	**Niveau:** Advanced	

Chorégraphe: Lois Sturgeon (AUS)

Musique: Eagle Rock - Daddy Cool

Sequence: AAA, BB, AA, BB, AAAA, BB, B to end. Part A is danced with each verse and instrumental section. Part B is danced with the chorus only.

PART A

&1-2	Step right to right side, step left to left side, cross right over left (keeping weight on left)
3-4	Pivot/unwind 1 ½ turns left (finish with weight on left)

A half turn can replace the 1 ½ turns if this is too difficult

&5&6	Rock/step back right, rock/step forward left, step right next to left, step left together
&7-8	Rock/step back right, rock/step forward left, step right next to left

&1	Step forward on ball of left, scoot/slide right forward (leaning back)
&2	Step forward on ball of left, scoot/slide right forward (leaning back)
3-4	Step forward o heel of left, drop/step left toe down (heel strut)
&5&6	Step right to right side, step left to left side, step right to right side, cross/step left toe over right
7-8	Unwind full turn right on balls of both feet (finish with weight on right, right crossed over left)

1&2	Hold 1 beat, rock weight onto left, rock/replace weight onto right
3-4	Step left big step to left, drag right foot in next to left
&5	Twist both heels out (heel splits), twist both toes out (feet now parallel & apart)
&6	Twist both heels in, twist both toes in (feet now parallel & together)
&7	Twist both heels out (heel splits), twist both toes out (feet now parallel & apart)
&8	Turning right foot ¼ turn right, slide/step right to right twice (slide/step are small & fast)

At the end of the next 4 beats you will have completed a ¾ turn left to face the front wall again.

1	Twist right toe ½ turn left (body facing forward)
2	Turning the body ¼ left twist left toe ¼ left (keep weight on right)
&3	Tap left toe next to right, tap/drop left heel next to right (weight still on right)
4	Turning body ¼ left twist/step left toes ¼ left (weight on left)
&5-6	Tap right toe next to left (right heel out), tap right heel next to left (right toes out),step right forward
7&8	Hold 1 beat, stomp/tap left forward, stomp left forward (last stomp with weight)

PART B

1&2	Hold 1 beat, tap right toe next to left (t heel out), tap right heel next to left (right toe out)
3	Step big stomp/step back at 45 degrees right (turning the body ¼ turn right & bending the knees)
4	Drag/slide left foot next to right (keeping weight on right & body still facing ¼ turn right of front)
&5	Rock/step back left, rock/step forward right
6	Bend left knee forward lifting left heel & dragging the left toe next to right (body still facing ¼ turn right)
&7	Rock/step back left, rock/step forward right
8	Bend left knee forward lifting left heel & dragging left toe next to right(body still facing right)

&1	Step left to left side turning ¼ left & hitching right, kick right at 45 degrees right
2	Cross/step right over left turning ½ turn left

3	Cross/step left behind right turning ½ turn (finish with feet apart & parallel)
&4	Jump up & in clicking sides of feet together, jump feet back out
&5&6	Right & left heel struts-step forward on right heel, drop right toes, step forward on left heel, drop left toes
&7&8	Repeat right & left heel struts

At the end of the next 4 beats you will have completed 2 full right turns moving backwards & finish facing front with feet parallel & apart

1-2	Moving backwards step right back turning ½ right, step left forward turning ½ turn right
3	Moving backwards step right back turning ½ right
4	Step left to left side turning ½ right (facing front again & feet apart & parallel)
&5	Lift up on to toes & scoot forward twice (feet apart & parallel, knees bent)
6-7	Hold 2 beats (still up on toes)
8	Scoot forward dropping heels heavily to floor & bending both knees

| &1-2 | Big rock/step back left at 45 degrees, rock/step forward right, step left next to right |
| &3-4 | Big rock/step back right at 45 degrees, rock/step forward left, tap right next to left (weight on left) |