Off My Rocker

拍数: 0

级数: Intermediate east coast swing

编舞者: Todd Lescarbeau (USA)

音乐: Off My Rocker - Billy Currington

Sequence: AB AAAB AAAB A to end of song

SECTION A

LINDY'S (SIDE TRIPLES WITH ROCKS)

Side triple right, left, right, rock back on left, recover onto right 1&2-3-4 5&6-7-8 Side triple left, right, left, rock back on right, recover onto left

SIDE ROCK, ¼ TURN, HOLD, ¼ TURN SIDE ROCK, ¼ TURN, HOLD

Rock right to side, recover, turn 1/4 right stepping on right (face 3:00), hold 1-4 5-8 Turn ¼ right (facing 6:00) and rock side left, recover, turn ¼ left stepping on left (facing 3:00), hold

STEP, PIVOT, LOCK-STEP, SHUFFLE FORWARD, ROCK

- Step forward on right, pivot ½ to left, step forward on right, lock left behind right (facing 9:00) 1-4
- 5&6-7-8 Shuffle forward right, left, right, rock forward on left, recover on right turning 1/4 left (6:00)

WEAVE WITH ¼ TURN, ¼ TURN SIDE ROCK, RECOVER, BRUSH

- 1-4 Step side left on left, step right over left, step side left on left, step right behind
- 5-8 Step on left turning ¼ left (3:00), turn ¼ left and rock to side right (now facing 12:00), recover onto left, brush right forward

SECTION B

TOE-STRUT, HEEL TOE, 1/4 TURN STEP, BRUSHES

1-2 Cross step ball of right over left, drop heel (body should be angled slightly facing left)

- 3-4 Tap left heel beside right, point toe down and tap (left foot should point to a diagonal left)
- 5-8 Turn ¼ to (face 9:00) and step on left, brush right forward, brush back and across left, brush right forward

ROCK BACK, ½ TURNING SHUFFLE LEFT, LARGE STEP, DRAG

- 1-2 Rock back onto right foot, recover onto left starting a 1/2 turn to left
- 3&4 Continue to turn to left as you shuffle right, left, right
- 5 Take a large step to left on left
- 6-7-8 Draw right foot in over 3 counts (keep weight on left foot)

The music breaks here with a 4 beat break





墙数:4