# Rock-A-Bye



墙数: 2 拍数: 180 级数: Phrased Intermediate

编舞者: Trizia Ruggiero (UK) - November 2016

音乐: Rockabye (feat. Sean Paul & Anne-Marie) - Clean Bandit: (Clean Version)



#### Intro: 32 Counts - Sequence A/B/Tag/B/C/D/B/C/Ending

#### SECTION A -[ 64 counts]

#### A1: CROSS-STEP SIDE -CROSS-POINT

Cross R over L -step L to side 1-2 3-4 Cross R over L- point L to side 5-6 Cross L over R- step R to side 7-8 Cross L over R-point R to side

#### A2: POINTS / SAILOR

1-2	Point R forward – point R to	side
1-4	I OIIILIX IOIWAIU — DOIIILIX IO	SIUC

3&4 Sweep R behind L- step on ball of L- replace weight onto R

5-6 Point L forward-point L to side

7&8 Sweep L behind R- step on ball of R- replace weight onto L

#### A3 + A4: [REPEAT ABOVE 16 COUNTS ONCE MORE] [32 COUNTS]

#### A5+A6: : SWAYS QUARTER TURN/ HALF TURN/ SIDE MAMBO'S

1-4	Sway hips R-L-R-L MAKING QUARTER TURN L [ 9.00 ]
5&6	Rock R to side[5] place weight on ball of L [&] place R beside L [6]
7&8	Rock to L side[7] place weight onto ball of R [&] place L beside R
1-4	Sway hips R-L-R-L MAKING HALF TURN L [3.00]
5&6	Rock R to side[5] place weight onto ball of L [&] place R beside L[6]
7&8	Rock L to side [7] place weight onto ball of R [&] place L beside R [8]

#### A7+A8: KICK BALL CHANGE X2 /JAZZBOX/ JAZZ BOX QUARTER TURN

1&2	Kick F	R forwa	rd[1]	plac	e v	veigh	onto	ball (	of L[	&] r	eplac	e w	eigh	ıt o	nto R[2	.]
3&4	Kick F	R forwa	rd [3	] pla	се	weigh	t onto	ball	of L	[&]	replac	ce w	eigl/	ht c	onto R [	4]
	_	_							_						_	

5-8 Cross R over L- step back on L- step R to R side- step L beside R

#### 1-4 REPEAT KICK BALL CHANGES [ COUNTS 1-4]

5-8 Cross R over L- step back on L- step R to R side [MAKING QUARTER TURN R] place L

Rock L to side [7] place weight onto ball of R [&] place L beside R [8]

beside R

#### **SECTION B-[48counts]**

#### B1: ROCKING CHAIRS/ PIVOT HALF TURNS/ CROSS UNWIND HALF TURN

1-4 Rock forward R-replace weight on L - rock back on R - replace weight on L

5-6 Step forward R-half turn L placing weight onto L

Cross R over L- unwind half turn L 7&8

#### **B2: ROCKING CHAIR / MAMBO'S**

Rock forward on R- replace weight onto L- rock back on R- replace weight onto L 1-4

5&6 Rock R to side[5] place weight onto ball of L[&] place R beside L[6] 7&8 Rock L to side[7] place weight onto ball of R[&] place L beside R[8]

#### B3+B4: REPEAT LAST 16 COUNTS FROM ROCKING CHAIR -PIVOT HALF TURN-UNWIND

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1-2 Touch R back- touch R beside L

3&4 Step back on R – step L in front of R- step back on R

5-6 TOUCH L back- touch L beside R

7&8 Step back on L- step R in front of L- step back on L [6.00]

#### **B6: REPEAT LAST 8 COUNTS ONCE MORE**

#### **TAG**

#### T1-T4: [ CROSS-SIDE- CROSS -POINTS- POINTS-SAILORS] FIRST 32 COUNTS OF SECTION A

#### T5: KICK BALL CHANGE/ JAZZ BOX QUARTER TURN

1&2 Kick R forward[1] place weight onto ball of L [&] replace weight onto R[2]

3&4 Kick R forward- place weight onto ball of L- replace weight onto R

5-8 Cross R over L – step L back- step R to side[ making quarter turn] step L beside R [ 9,00]

#### T6: REPEAT THE ABOVE 8 COUNTS ONCE MORE [ 12.00]

#### T7+T8: REPEAT FIRST 16 COUNTS OF WALL 1[ CROSS SIDE CROSS POINTS/POINTS /SAILORS ]

#### T9+T10: SWAYS -QUARTER TURN/ SIDE MAMBOS/ SWAY HALF TURN/ JAZZ BOX QUARTER TURN

1-4 Sway hips R-L-R-L –MAKING QUARTER TURN L

5&6 Rock R to side[5] place weight onto ball of L[ &] step R beside L [6] [ 9.00]

7&8 Rock L to side[7] place weight onto ball of R[&] step L beside R [8]

1-4 Sway hips R-L-R-L –MAKING HALF TURN L – [3.00]

5-8 Cross R over L-step back on L- step R to side [making quarter turn] –step L beside R [6.00]

-[80counts]

#### SECTION C-[ 16 counts]

## C1: TOUCH SIDE/ TOGETHER/FORWARD SHUFFLES/ TOUCH BACK/ TOUCH TOGETHER/SHUFFLE BACK

1-2 Touch R to side-touch R beside L

3&4 Step R forward[3] step L behind R[&] step R forward[4]

5-6 Touch L to side-touch L beside R

7&8 Step L forward[7] step R behind L[&] Step L forward[8]

#### C2: Repeat C1

#### **SECTION D-[52 counts]**

#### D1: CROSS /SIDE/ CROSS/POINT/CROSS/SIDE /CROSS /POINT

1-4 Cross R over L- step L to side- cross R over L- point L to side
 5-8 Cross L over R- step R to side- cross R over L – point R to side

#### D2: POINT/POINT / SAILOR STEP

1-2-3&4 Point R forward –point R to side- sweep R back- weight on ball of L- step onto R Point L forward- point L to side- sweep L back- weight on ball of R – step onto L

#### D3: 1-4 HOLD 2-3-4

### D4: SWAYS QUARTER TURN/ SIDE MAMBOS

1-4 Sway hips [ making quarter turn] R-L-R-L

Rock R to R side – weight on ball of L – step R beside L
Rock L to L side – weight on ball of R- step L beside R

#### D5: SWAYS HALF TURN/ SIDE MAMBOS TO R

1-4 Sway hips [making half turn] R-L-R-L

5&6	Rock to R side- weight on ball of L- step R beside L				
7&8	Rock L to L side – weight on ball of R- step L beside R				
D6+D7: KICK B	ALL CHANGES/ JAZZ BOX/ KICK BALL CHANGES/ JAZZ BOX QUARTER TURN [ 12.00]				
1&2	Kick R forward- weight onto ball of L – replace R beside L				
3&4	kick R forward- weight onto ball of L- replace R beside L				
5-8	Cross R over L – step L back- step R to side- step L beside R				
1&2	Kick R forward- weight onto ball of L- replace R beside L				
3&4	Kick R forward- weight onto ball of L- replace R beside L				
5-8	Cross R over L – step back on L- step R to side [making quarter turn] step L beside R				
ENDING: -[ 16counts]					
1.0	areas side areas maint L areas side areas maint D				

cross-side- cross- point L- cross-side-cross-point R 1-8

cross-side-cross-point L 1-4

Cross L over R –unwind a full turn to face front [ 12.00] 5-8

### **END OF DANCE**