Rock The Beat

级数: Intermediate

拍数: 32 编舞者: Nathan Gardiner (SCO) - June 2018

音乐: 21st Century Girl - Willow

| Intro: 16 counts | |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Walk Forward I | R & L, R Lock Step, Rock Forward, Recover, Full Turn L |
| 1-2 | Step forward on R, Step forward on L |
| 3&4 | Step forward on R, Lock L behind R, Step forward on R |
| 5-6 | Rock forward on L, Recover on R |
| 7-8 | ½ L stepping forward on L, ½ L stepping back on R |
| Sailor Step L & | R, Behind, ¼ R, Step Pivot ¾ R |
| 1&2 | Step L behind R, Step R to R side, Step L to L side |
| 3&4 | Step R behind R, Step L to L side, Step R to R side |
| 5-6 | Step L behind R, ¼ R stepping forward on R |
| 7-8 | Step forward on L, Pivot ¾ R |
| Side L, Togeth | er, Forward, R Lock Step, Rock Forward, Recover, Coaster Cross |
| 1-2-3 | Step L to L side, Step R next to L, Step forward on L |
| 4&5 | Step forward on R, Lock L behind R, Step forward on R |
| 6-7 | Rock forward on L, Recover on R |
| 8&1 | Step back on L, Step R next to L, Cross L over R |
| Monterey ½ R, | Monterey ¼ L, Step Pivot ½ L, Point |
| 2-3 | Point R to R side, ½ R stepping R next to L |
| 4-5 | Point L to L side, ¼ L stepping L next to R |
| 6-7 | Step forward on R, Pivot ½ L |
| 8 | Point R to R side |
| Tag: End of wa | III 1 |
| Cross, Point, C | Fross, Point, Jazz Box Cross |
| 1-2 | Cross R over L, Point L to L side |
| 3-4 | Cross L over R, Point R to R side |
| 5-6 | Cross R over L, Step back on L |
| 7-8 | Step R to R side, Cross L over R |
| 1-2 3-4 5-6 7-8 | oint, Cross, Sway R, L, R, L Point R to R side, Cross R over L Point L to L side, Cross L over R Step R to R side swaying hips to R side, Sway hips to L side Sway hips to R side, Sway hips to L side n.gardiner1998@hotmail.co.uk |
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墙数:4