# Rock DJ



拍数: 40 墙数: 2 级数: Intermediate

编舞者: Sam Armstrong (UK) & Ruth Armstrong (UK)

音乐: Rock DJ - Robbie Williams



#### **HEEL GRIND, SIDE CHASSE (TWICE)**

1-2 Put right heel forward (no weight), grind/fan toes to right

3&4 Side chasse right, stepping right, left, right

5-6 Put left heel forward (no weight), grind/fan toes to left

7&8 Side chasse left, stepping left, right, left

### **FULL TURNS (TWICE)**

9&10& Step right, quarter turn, step right, quarter turn

11&12& Repeat above

13&14& Step left, quarter turn, step left, quarter turn

15&16& Repeat above

Full turns should be made with a swaying motion for extra style

Optional hand movements: on turning right, place left hand on hip, point right hand in air, rotate wrist to the left. On turning left, mirror above

#### CROSS, UNWIND, BACK SHUFFLE, ROCK, FORWARD SHUFFLE

17-18 Cross right over left, unwind ½ turn to left

19&20 Step left back, lock right over left, step back left

21-22 Rock back on right, forward on left

23&24 Step right forward, lock left behind right, step right forward

## SIDE TOUCHES, HOLDS, HEEL SWITCHES, SCISSOR STEP

25-26 Touch left to left side, hold for one beat

&27-28 Bring left in place, touch right to right side, hold for one beat

&29 Bring right in place, put left heel forward&30 Bring left in place, put right heel forward

31&32 Step right to right side, bring left in place, cross right over left

## SIDE TOUCHES, HOLDS, HEEL SWITCHES, COASTER STEP

33-34 Touch left to left side, hold for one beat

&35-36 Bring left in place, touch right to right side, hold for one beat

837 Put right heel forward, bring right in place838 Put left heel forward, bring left in place

39&40 Step left back, step right back next to left, step left forward

Optional styling: on side touches, point both hands, downwards towards foot that is touching to side

## **REPEAT**