拍数： 0
墙数： 1
级数：Advanced
编舞者：Mona Arvidson（USA）
音乐：Rock This Town－Stray Cats


```
Sequence: AB, AB, A(1-8), CDA, B(with variation), A(1-8), CDA, C, Ending
Start on count 17 of the music
```


## PART A

## RUN LEFT，KICK 2X

```
1－4 Start on right foot， 4 runs towards 9：00（right，left，right，left）
\(5 \quad\) Kick right leg forward
6 Step right
\(7 \quad 1 / 2\) turn left（face 3：00）kick left leg forward
8 Step left
```

When only doing the 1 st 8 counts of Part A，do $1 / 4$ turn left as you are stepping right on count 6 （face 6：00）and then the $1 / 2$ turn left on count 7 brings you back to facing 12：00 for the left leg kick

RUN RIGHT，KICK 2X
1－4
$5 \quad$ Kick right leg
6
7
8

## HIP PUSHES RIGHT AND LEFT

1
2
3
4
5
6
7
8

## SWIVELS

Step with right towards 1：30 and thrust right hip towards 1：30
Step together with left，rock hips back
Step with right towards 1：30 and thrust right hip towards 1：30
Hop on right
Step with left towards 10：30 and thrust left hip towards 10：30
Step together with right，rock hips back
Step with left towards 10：30 and thrust left hip towards 10：30
Hop on left

Tap right next to left
Swivel both hips right as you step right（towards 3：00，body still facing 12：00）
Tap left next to right
Swivel both hips left as you step left（towards 9：00，body still facing 12：00）
Swivel both hips right as you step right（towards 3：00，body still facing 12：00）
Swivel both hips left as you step left（towards 9：00，body still facing 12：00）
Swivel both hips right as you step right（towards 3：00，body still facing 12：00）
Swivel both hips left as you step left（towards 9：00，body still facing 12：00）

## PART B

## CROSSING TAP STEPS

1

Tap right foot to side
Step side on right foot
Cross left over right and tap left
Step on left
Tap right foot to side

## HEEL SWIVELS 4X

1 Step right foot to the side

## TURNING TAP STEPS

1

## APPLE JACKS

## Or substitute 8 counts of your choice

1

2 Look towards 9:00
3 Look back towards 12:00
4
5
6
7
8

2 Swivel left heel out and right toe in and change weight to left heel and right ball
3 Swivel left toe out and right heel in
4 Swivel left toe in and right heel out and change weight to left toe and right heel
$5 \quad$ Swivel left heel in and right toe out
$6 \quad$ Swivel left heel out and right toe in and change weight to left heel and right ball
7 Swivel left toe out and right heel in
8 Swivel left toe in and right heel out
Variation on 3rd rendition of part $b$ to match the breaks in the music replace apple jacks with:
1 Jump with feet apart, body facing 9:00, look over right shoulder at 12:00
With weight on left ball and right heel, swivel left heel in and right toe out

Hold
Jump with feet apart, body facing 3:00, look over left shoulder at 12:00
Look towards 3:00
Look back towards 12:00
Hold

Cross right over left and step onto right foot
Step left to side
Cross right behind left and step onto right foot
Step left to side
Cross right over left and step onto right foot
Step left to side
Cross right behind left and step onto right foot
Step left to side

## JUMP TOGETHER, APART, HIP CIRCLES

| $1-2$ | Jump forward, both feet together |
| :--- | :--- |
| $3-4$ | Jump both feet apart |
| 5 | Hips forward |
| 6 | Hips right |
| 7 | Hips back |
| 8 | Hips left (transfer weight to left foot) |

## STEP CLAP 4X

| 1 | Step right |
| :--- | :--- |
| 2 | Clap |
| 3 | Step left |
| 4 | Clap |
| 5 | Step right |
| 6 | Clap |
| 7 | Step left |
| 8 | Clap |

## PART C

CHARLESTON KICK, RIGHT LEG
1-2
Kick right leg forward

3-4 Step right next to left
5-6 Kick left leg back
$7 \quad$ Step left next to right
8 Step right next to left

## HIP BUMPS IN CIRCLE

$1 \quad 1 / 4$ turn right (face 3:00), touch left foot to side and bump left hip towards 12:00
2 Recover weight onto right foot
$3 \quad 1 / 4$ turn right (face 6:00), touch left foot to side and bump left hip towards 3:00
4 Recover weight onto right foot
$5 \quad 1 / 4$ turn right (face 9:00), touch left foot to side and bump left hip towards 6:00
$6 \quad$ Recover weight onto right foot
$7 \quad 1 / 4$ turn right (face 12:00), step onto left foot and bump left hip towards 9:00
8 Hold

## CHARLESTON KICK, RIGHT LEG

## 1-2 Kick right leg forward

3-4 Step right next to left
5-6 Kick left leg back
$7 \quad$ Step left next to right
8 Step right next to left

## ARM PUSHES IN CIRCLE

$1 \quad 1 / 4$ turn right (face 3:00), touch left foot to side and raise both arms up towards 12:00
2 Recover weight onto right foot
3
4
5
6
$7 \quad 1 / 4$ turn right (face 12:00), step onto left foot and raise both arms up towards 9:00
8
$1 / 4$ turn right (face 6:00), touch left foot to side and raise both arms up towards 3:00
Recover weight onto right foot
$1 / 4$ turn right (face 9:00), touch left foot to side and raise both arms up towards 6:00
Recover weight onto right foot
Hold
1-2
Step to the right side with right foot

3-4 Step to the left side with left foot
$5 \quad$ Swivel right knee left

## Recover

Swivel right knee left
Recover

## JUMP, TWIST TURN, BOOGIE WALKS 4X FORWARD

1-2 Jump onto both feet with left foot crossed over right foot (facing 12:00)
3-4 Unwind to right, end with weight on left foot (end up facing 12:00)
$5 \quad$ Walk forward right, arms point down, right shoulder up
$6 \quad$ Walk forward left, arms point down, left shoulder up
$7 \quad$ Walk forward right, arms point down, right shoulder up
8
Walk forward left, arms point down, left shoulder up

## CHARLESTON KICK

1-2 Kick right leg forward
3-4 Step right next to left
5-6 Kick left leg back
$7 \quad$ Step left next to right
8 Step right next to left

## BACKWARD SWIVEL WALKS

1-2 Step back towards 7:30 with left foot, swivel hips to right and lift right toe
3-4 Step back towards 4:30 with right foot, swivel hips to left and lift left toe
5-6 Step back towards 7:30 with left foot, swivel hips to right and lift right toe
7-8 Step back towards 4:30 with right foot, swivel hips to left and lift left toe

## PART D

TAP LEFT 3X, KICK, STEP, STEP

1
2
3
4
5
6
7
8

## JAZZ BOX

## 1-2

3-4 Step back on right
5-6 Step side on left
7-8 Step together on right

## CROSS UNWIND 2 X

\&
1 Cross right behind left
2
3-4
\& Jump onto left foot towards 12:00 (body facing approx. 1:30)
$5 \quad$ Cross right behind left
6
7-8
Tap left foot towards 10:30
Tap left foot towards 10:30
Tap left foot towards 10:30

## Hold

## Step onto left foot towards 10:30

Step back on right foot and kick left leg towards 10:30
Cross left behind right and step onto left foot
Step right foot to side

Jump onto left foot towards 12:00 (body facing approx. 1:30)
Hold
Unwind to right, end with weight on right facing 12:00

Hold
Unwind to right, end with weight on left facing 12:00

## JUMP FORWARD, BACK, SHIMMIES FORWARD

\&
1
2
\&
3
4
\& 5
\&6
\&7
\&8

Jump forward onto right
Bring left together with right
Clap
Jump back onto right
Bring left together with right
Clap
Small jump forward (right, left) and shimmy shoulders
Small jump forward (right, left) and shimmy shoulders
Small jump forward (right, left) and shimmy shoulders
Small jump forward (right, left) and shimmy shoulders

## TAP RIGHT 3X, PARTIAL VINE LEFT

$1 \quad$ Tap right foot towards 1:30
$2 \quad$ Tap right foot towards 1:30
$3 \quad$ Step right foot towards 1:30 (take weight)
4 Hold
$5 \quad$ Step left foot side
$6 \quad$ Cross right behind left and step onto right
7 Step left foot side
8 Hold

## KICK STEP 2X, SCISSORS 3X

$1 \quad$ Kick right leg towards 10:30
2 Step onto right foot (still facing 10:30)
$3 \quad$ Kick left leg towards 10:30
$4 \quad$ Step onto left foot (still facing 10:30)
5 Jump onto right foot (still facing 10:30) and kick left leg back
6 Jump onto left foot (still facing 10:30) and kick right leg back
7 Jump onto right foot (still facing 10:30) and kick left leg back
8
Hold

## PUSHES TO LEFT, 4X

1 Step towards 9:00 with left foot, putting weight on ball of foot only ("push" arms forward like you are pushing a wall away from you)
$2 \quad$ Step right foot together with left foot (relax arms)
3 Step towards 9:00 with left foot, putting weight on ball of foot only ("push" arms forward like you are pushing a wall away from you)
4 Step right foot together with left foot (relax arms)
5 Step towards 9:00 with left foot, putting weight on ball of foot only ("push" arms forward like you are pushing a wall away from you)
6 Step right foot together with left foot (relax arms)
$7 \quad$ Step towards 9:00 with left foot, transfer weight completely ("push" arms forward like you are pushing a wall away from you)
$8 \quad$ Hold (relax arms)

## ENDING

CHARLESTON KICK, LEFT LEG
1-2 Kick left leg forward
3-4 Step left next to right
5-6 Kick right leg back
$7 \quad$ Step right next to left
8 Step left next to right

## BACKWARD SWIVEL WALKS

1-2 Step back towards 4:30 with right foot, swivel hips to left and lift left toe
3-4 Step back towards 7:30 with left foot, swivel hips to right and lift right toe
5-6
Step back towards 4:30 with right foot, swivel hips to left and lift left toe
7-8
Step back towards 7:30 with left foot, swivel hips to right and lift right toe
CHARLESTON KICK, RIGHT LEG
1-2 Kick right leg forward
3-4 Step right next to left
5-6 Kick left leg back
$7 \quad$ Step left next to right
8 Step right next to left
Run forward, arms up on "whoo", paddle turn in place, hit ending pose of your choice

