Rock'n'roll



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Colleen Archer (AUS)

音乐: Love Really Hurts Without You - Billy Ocean



Start with left hand on hip, right hand down at side

&	Step left beside right
1-2	Touch right sideways & click fingers twice (flick wrist) while looking to right
3-4	Step/cross right over left, turn full turn left on ball of left (full turn)
5&	Step right sideways, step left beside right
6	Turn ¼ turn right stepping forward on right
7-8	Step left forward, turn ½ turn right (weight ending on right)
1	Turn ½ turn right on ball of right and step back on left
2	Hold and clap
3-4	Step right back, turn ½ turn left and step forward on left
5	Jump forward onto right (lift left) and click fingers forward
6	Rock back onto left (lift right) and bring hands in towards chest
7	Step right back and turn body towards right swinging hands to right (lift left foot)
8	Rock weight forward onto left, swinging hands to left (lift right foot)
&	Step right sideways while making ¼ turn left
1-2	Step/cross left behind right, rock weight forward onto right (legs remain crossed)
3-4	Step left sideways, step/cross right behind left
&	Step left sideways
5-6	Step/cross right over left, rock weight back onto left (legs remain crossed)
7	Sweep right toe in semi-circle to right while turning ¼ turn right on ball of left foot
8	Weight ending on right foot (to side of left foot)
1	Step left forward turning body to face left diagonal
2	Touch right toe forward
3	Step right back turning body to face right diagonal
4	Touch left toe forward
5	Step weight onto left & turn ½ turn left (on ball of left)
6	Touch right toe forward
7&8	Right coaster step - step right back, step left beside right, step right forward

REPEAT

HAND MOVEMENTS

On the 3rd sequence, swing hands to right (&1,2), circle to the right (3,4), swing to left (&5,6)