

# 10 Rocks

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Mark Cosenza (USA)  
音乐: 10 Rocks - Shelby Lynne



## WALK AROUND RIGHT, LEFT, RIGHT, ROCK & BUMP FORWARD & BACK

- 1-2      Moving 1/8 right, walk right forward heel, toe
- 3-4      Moving 1/8 right, walk left forward heel, toe
- 5-6      Moving 1/4 right, walk right forward heel, toe
- 7-8      Rock forward left and bump hips left, recover right and bump hips right

## CROSS & TOUCHES: OVER, BEHIND, BEHIND, OVER

- 1-4      Cross left over right, touch side right, cross right behind left, touch side left
- 5-8      Cross left behind right, touch side right, cross right over left, touch side left

## STEP, LOCK, STEP, BRUSH, STEP & STEP, BRUSH, STEP

- 1-3      Step forward left, lock right behind left, step forward left
- 4      Brush forward right
- 5&6      Step down right, press on ball of left behind right, step forward right
- 7-8      Brush forward left, step down left

## ROCK FORWARD & BACK & FORWARD & TURN, TOUCH

- 1-4      Rock forward right, recover left, rock back right, recover left
- 5-6      Rock forward right, recover left
- 7-8      Step 1/4 right taking a large step side right, touch left next to right

## ROCK FORWARD & SIDE, STEP FORWARD, PIVOT & HEEL BUMPS

- 1-2      Cross rock left forward, recover right
- 3-5      Rock left side, recover right, step left forward in extended 5th position
- 6-8      Pivoting 1/2 turn right, bump heels down 3 times

## CROSS & TOUCH, STEP BACK TOGETHER, CROSS & TOUCH, STEP FORWARD TOGETHER

- 1-2      Cross right over left, touch side left
- 3-4      Step back left, step together right
- 5-6      Cross left over right, touch side right
- 7-8      Step forward right, step together left

## KICK BALL CHANGE TWICE, STEP DOWN AND SWIVEL

- 1&2      Kick right diagonal right, step down on ball of right, step side left
- 3&4      Kick right diagonal right, step down on ball of right, step side left
- 5-6      Step down right, step down left,
- 7-8      Swivel right toes to right and swivel left heel left, return

## LARGE STEP RIGHT, PIVOT LARGE STEP LEFT, SIDE STEP TOGETHER, KNEES & HEELS TWICE

- 1-2      Take a large step side right, touch left next to right
- 3-4      Pivot 1/4 left and take a large step side left, touch right next to left
- 5-6      Step side right, cross left behind right (keep it tight touching left calf)
- &7      Bend down knees and raise heels, return
- &8      Bend down knees and raise heels, return

**REPEAT**

