

You Rock Me

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Danny Smith (SCO)
音乐: You Rock Me - Enrique Iglesias



ROCK, RECOVER, ½ TURN SHUFFLE, STEP ¼ CROSS SHUFFLE

1-2 Rock forward on left foot, recover onto right
3&4 Left turning shuffle (left, right, left) ½ turn
5-6 Step onto right foot, pivot ¼ turn left weight onto left
7&8 Cross right over left shuffle (right, left, right)

SIDE, BEHIND, AND TURN, SIDE, BEHIND AND TURN

1-2 Step left foot to left side, step right foot behind left
&3 Cross right over left, unwind ½ turn
4 Step right foot to right side
5-6&7-8 Repeat the above steps

ROCK, RECOVER, ¾ TURN SHUFFLE, ROCK RECOVER, BACK, CLICK

1-2 Rock forward on right foot, recover on left foot
3&4 Right turning shuffle, (right, left, right) ¾ turn
5-6 Rock forward on left foot, recover on right
7-8 Rock back left, cross right over left click fingers

ROCK, RECOVER, ¾ TURN, SHUFFLE, ROCK RECOVER, BACK, CLICK

1-2-3&4 Repeat the above steps
5-6-7-8 Repeat the above steps

STEP CLAP, STEP CLAP, TOUCH, AND TOUCH, AND TOUCH, HITCH, CROSS

1-2&3-4 Step right foot to right side, clap hands, bring feet together, step right to right side, clap hands
&5&6 Bring feet together, point right to right side, bring feet together, point left to the side
&7&8 Bring feet together, point right to right side, hitch right knee, cross in front of left

STEP CLAP, STEP CLAP, ROCK RECOVER, SAILOR STEP

1-2&3-4 Step left foot to left side, clap hands, bring feet together, step left foot to left side, clap hands
&5-6 Rock left to left side, recover on right
7&8 Cross left behind right, turn ½ turn left, step left in place

CRAZY HEELS, CLAPS

1& Tap right heel forward, cross right heel to left shin
2& Tap right heel forward, flick heel to right side
3&4 Step forward onto right, clap hands twice
5& Tap left heel forward, cross left heel to right shin
6& Tap left heel forward, flick left heel to left side
7&8 Step forward onto left, clap hands twice

STEP TURN, STEP, TURN, KICK, OUT, OUT, BUMP, BUMP

1-2 Step forward onto right foot, pivot ½ turn left
3-4 Step forward onto right foot, pivot ½ turn left
5&6 Kick right foot forward, step right to right side, step left to left side
7-8 Bump hips left, right

REPEAT
