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, 3/4 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, 3/4 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

Bring feet together, point right to right side, bring feet together, point left to the side 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

Tap right heel forward, cross right heel to left shin
Tap right heel forward, flick heel to right side
Step forward onto right, clap hands twice
Tap left heel forward, cross left heel to right shin
Tap left heel forward, flick left heel to left side
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 let to left side

7-8 Bump hips left, right