I Love Rock & Roll



拍数: 32 墙数: 4 级数:

编舞者: Mark Hood (UK)

音乐: I Love Rock 'N' Roll - Britney Spears



SYNCOPATED SWITCHES WITH HITCHES

1&2	Touch right to the right, step right in place, touch left to the left
&3&4	Step left in place, touch right to the right, hitch right, touch right to the right
&5&6	Step right in place, touch left to the left, step left in place, touch right to the right

&7&8 Step right in place, touch left to the left, hitch left, touch left to the left

MODIFIED SAILOR STEPS LEFT & RIGHT ROCK RECOVER LOCK SHUFFLE BACK

9&10	Step left behind right, step right to the right, step left to the left and forward
11&12	Step right behind left, step left to the left, step right to the right and forward
13-14	Rock forward on the left recover on the right
15&16	Step left back, step right over left, step left back

1/4 HIP BUMPS SIDE SHUFFLE ROCK RECOVER

17-20	1/4 turn to the right step right to the right bumping hips to the right, bump hip left, right, left
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21&22 Step right to the right, step left beside right, step right to the right

23-24 Rock left back, recover on the right

SKATE LEFT RIGHT SYNCOPATED ROCKS FORWARD & BACK CROSS UNWIND

25-26	Skate forward left then right
27&28	Rock left over right, recover on right step left to the left
29&30	Rock right back, recover on left, step right to the right
31-32	Cross left over right, un wind a full turn to the right (weight ends on the left)

REPEAT