

# Around The Clock

拍数: 48      墙数: 4      级数: Improver  
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音乐: Rock Around the Clock - Bill Haley & The Comets



Intro: 28 counts

## Section 1: RUN FORWARD X 3, KICK. RUN BACKWARDS X 3, KICK.

- 1-4      Run right – left – right. Kick left foot forward.
- 5-8      Run backwards left – right – left. Kick right foot forward. (12 o'clock)

## Section 2: ROCK & CROSS WITH HOLDS X 2

- 1-4      Rock right to the side, recover, cross right over left, hold.
- 5-8      Rock left to the side, recover, cross left over right, hold.

## Section 3: 3/4 TURN LEFT WITH HITCH (Clap hands every hitch), RIGHT AND LEFT TOE STRUT (forward or in place).

- 1-2      Step down on right foot, turn 1/2 left while lifting up left leg.
- 3-4      Step down on left foot, turn 1/4 left while lifting up right leg.
- 5-6      Put down right toes with weight on the ball, put down rest of the foot.
- 7-8      Put down left toes with weight on the ball, put down rest of the foot. (3 o'clock)

## Section 4: SIDE TOGETHER SIDE AND KICKS X 2 (Option: Side behind side, kick x 2)

- 1-2      Step right to right side, step left next to right,
- 3-4      Step right to right side, kick forward with left foot.
- 5-6      Step left to left side, step right next to left.
- 7-8      Step left to left side, kick forward with right foot.

## Section 5: KICKS TRAVELLING BACKWARDS

- 1-4      Step down on right, kick forward with left, step down on left, kick forward with right (moving backwards every step)
- 5-8      Step down on right, kick forward with left, step down on left, kick forward with right (moving backwards every step)

## Section 6: STOMP - HOLD X 2, RIGHT AND LEFT TOE STRUT (backwards or in place).

- 1-4      Stomp right foot, hold. Stomp left foot, hold.
- 5-6      Put down right toes with weight on the ball, put down rest of the foot.
- 7-8      Put down left toes with weight on the ball, put down rest of the foot. (3 o'clock)