|  |  |
| --- | --- |
| Stephen's Dance |  |

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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **拍數:** | 48 | **牆數:** | 4 | **級數:** | Beginner | . |
| **編舞者:** | The Listeners (CH) | | | | |
| **音樂:** | Rock Around the Clock - Bill Haley & The Comets | | | | |
| . | | | | | | |

**Start dancing after Bill Haley counts "1, 2, 3 o'clock, 4 o'clock rock"**

**HEEL, TOE, HEEL DROP TWICE (RIGHT), HEEL, TOE, HEEL DROP TWICE (LEFT)**

|  |  |
| --- | --- |
| 1 | Step forward on right heel |

|  |  |
| --- | --- |
| 2 | Put right toes down (lift right heel) |

|  |  |
| --- | --- |
| 3 | Drop right heel down |

|  |  |
| --- | --- |
| 4 | Drop right heel down again |

|  |  |
| --- | --- |
| 5 | Step forward on left heel |

|  |  |
| --- | --- |
| 6 | Put left toes down (lift left heel) |

|  |  |
| --- | --- |
| 7 | Drop left heel down |

|  |  |
| --- | --- |
| 8 | Drop left heel down again |

**RIGHT KICK FORWARD, ROCK STEP FOR (RIGHT), RECOVER, ROCK STEP FOR (RIGHT), LEFT KICK FORWARD, ROCK STEP FOR (LEFT), RECOVER, ROCK STEP FOR (LEFT)**

|  |  |
| --- | --- |
| 1 | Right foot kick forward |

|  |  |
| --- | --- |
| 2 | Rock step forward with right foot (cross right foot over left) |

|  |  |
| --- | --- |
| 3 | Recover weight on left foot |

|  |  |
| --- | --- |
| 4 | Rock back on right foot |

|  |  |
| --- | --- |
| 5 | Left foot kick forward |

|  |  |
| --- | --- |
| 6 | Rock step forward with left foot (cross left foot over right) |

|  |  |
| --- | --- |
| 7 | Recover weight on right foot |

|  |  |
| --- | --- |
| 8 | Rock back on left foot |

**GRAPEVINE TO THE RIGHT, SWIVEL RIGHT TWICE**

|  |  |
| --- | --- |
| 1 | Step with right foot to the right |

|  |  |
| --- | --- |
| 2 | Cross left foot behind right |

|  |  |
| --- | --- |
| 3 | Step with right foot to the right |

|  |  |
| --- | --- |
| 4 | Put left foot beside right (weight on both feet) |

|  |  |
| --- | --- |
| 5 | Swivel both heels to the right |

|  |  |
| --- | --- |
| 6 | Swivel both heels back |

|  |  |
| --- | --- |
| 7 | Swivel both heels to the right |

|  |  |
| --- | --- |
| 8 | Swivel both heels back |

**GRAPEVINE TO THE LEFT, SWIVEL LEFT TWICE**

|  |  |
| --- | --- |
| 1 | Step with left foot to the left |

|  |  |
| --- | --- |
| 2 | Cross right foot behind left |

|  |  |
| --- | --- |
| 3 | Step with left foot to the left |

|  |  |
| --- | --- |
| 4 | Put right foot beside left (weight on both feet) |

|  |  |
| --- | --- |
| 5 | Swivel both heels to the left |

|  |  |
| --- | --- |
| 6 | Swivel both heels back |

|  |  |
| --- | --- |
| 7 | Swivel both heels to the left |

|  |  |
| --- | --- |
| 8 | Swivel both heels back |

**DIAGONAL STEPS FORWARD RIGHT, BRUSH, DIAGONAL FORWARD LEFT, BRUSH**

|  |  |
| --- | --- |
| 1 | Step with right foot forward diagonally to the right |

|  |  |
| --- | --- |
| 2 | Close left foot behind right |

|  |  |
| --- | --- |
| 3 | Step with right foot forward diagonally to the right |

|  |  |
| --- | --- |
| 4 | Brush left foot beside right |

|  |  |
| --- | --- |
| 5 | Step with left foot forward diagonally to the left |

|  |  |
| --- | --- |
| 6 | Close right foot behind left |

|  |  |
| --- | --- |
| 7 | Step with left foot forward diagonally to the left |

|  |  |
| --- | --- |
| 8 | Brush right foot beside left |

**ROCK FORWARD ON RIGHT, RECOVER, ¼ TURN RIGHT, LEFT BESIDE RIGHT**

|  |  |
| --- | --- |
| 1 | Rock forward on right |

|  |  |
| --- | --- |
| 2 | Hold |

|  |  |
| --- | --- |
| 3 | Rock back on left foot |

|  |  |
| --- | --- |
| 4 | Hold |

|  |  |
| --- | --- |
| 5 | ¼ turn to the right (step right to right side) |

|  |  |
| --- | --- |
| 6 | Hold |

|  |  |
| --- | --- |
| 7 | Put left foot beside right (weight on let foot) |

|  |  |
| --- | --- |
| 8 | Hold |

**REPEAT**