Rock The Boat



拍數: 40 牆數: 4 級數: Beginner

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音樂: Rock the Boat - The Hues Corporation



Intro: 16 count. SEQUENCE: Intro 16 - 40 - 36 - 23 - 40 - 36 - 23 - 40 - 40.

SIDE, TOGETHER, SIDE, TOGETHER, SHUFFLE FORWARD, SHUFFLE FORWARD,

1-4 Step R to right side, Step L next to R, Step R to right side, Step L next to R,

5&6 Shuffle forward R-L-R, 7&8 Shuffle forward L-R-L,

1/4 TURN SIDE, TOGETHER, SIDE, TOGETHER, SHUFFLE FORWARD, SHUFFLE FORWARD,

1-4 Turn ¼ left and Step R to right side, Step L next to R, Step R to right side, Step L next to R,

[9:00]

5&6 Shuffle forward R-L-R, 7&8 Shuffle forward L-R-L,

ROCKING CHAIR, OUT, OUT, TOUCH (CLAP), HITCH (SNAP),

1-4 Rocking Chair R-L-R-L,

5-6 Step R out to right side (not forward), Step L out to left side (not forward),

7 Touch R next to L and Clap,

** RESTART B - happens here on Wall 3 and Wall 6.

8 Lean slightly back as you Hitch R (or Hold) and Snap your fingers,

ROCKING CHAIR. 1/4 TURN ROCKING CHAIR.

1-4 Rock forward on R, Recover back on L, Rock back on R, Recover on L,

5-8 1/8 Turn left Rock fwd on R, Recover back on L, 1/8 turn left Rock fwd on R, Recover on L

[9:00]

WEAVE, BIG STEP TO RIGHT SIDE, TOGETHER, KNEE POPS.

1-4 (Weave) Step R across L, Step L to left side, Step R behind L, Step L to left side,

*RESTART A – happens here on Wall 2 and Wall 5.

5-6 Take a big step to the right side on R, Step L next to R,

7-8 Pop R knee as you push L hip left (don't lift R heel), Pop L knee as you push R hip

right(don't lift L heel),

Start over!

*RESTART A - Dance 36 counts and start over. This happens on Wall 2 and Wall 5.

** RESTART B – Dance 23 counts and start over. This happens on Wall 3 and Wall 6.

Take note that the Restarts A and B happens back to back. So that makes it easy to remember.

SEQUENCE: Intro 16 - 40 - 36 - 23 - 40 - 36 - 23 - 40 - 40.

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