

Rock Doc

拍數: 56 牆數: 4 級數:
編舞者: Ellen Boyle - June 2020
音樂: Revival Day by Laverne Baker



Right Foot Lead

[1-8] Hitch or Lift Step (a.k.a. Madison Touch)

- 1-4 Starting with a 1/4 body turn left on the 1 count, Lift right foot up on 1 count. Step down on right foot on 2, lift left foot up on 3. Replace weight on left foot on 4.
- 5-8 Turn body 180° right (facing opposite wall) and lift right foot on 5. Step down on right foot on 6; lift left foot up on 7. Turning body back forward 90° (facing front wall) step down on the left foot on 8

[9-16] Hitch or Lift Step (a.k.a. Madison Touch)

- 1-4 Starting with a 1/4 body turn left on the 1 count, Lift right foot up on 1 count. Step down on right foot on 2, lift left foot up on 3. Replace weight on left foot on 4.
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[17-24] Grapevines

- 1-4 Step right into a grapevine right.
- 5-8 Step left into a grapevine left 5-8. On 8, point right foot out on the toe, prepping for the next 8 count phrasing (Knee rolls)

[25-32] Knee rolls and Shorty George

- 1-4 Roll right knee out and in, on the toe of the right foot.
- 5&6 Right foot Kick Ball Change
- 7-8 Shorty George (Boogie Walk)

[33-40] Kick Outs

- 1-4 Step out right foot, point toe on 1, close back on 2. Step out left foot, point toe on 3, close back on 4.
- 5-8 Step out right foot, point toe on 5, close back on 6. Step out left foot, point toe on 7, close back on 8

[41-48] Push-Cross Over

- 1-4 Swing the right foot up and over left on 1 and step down on 2, transfer weight to left foot on 3, close right beside left on 4
- 5-8 Swing the left foot up and over right on and step down on 6, transfer weight to right foot on 7, close left beside right on 8

[49-56] Turning Lindy and Lindy

- 1-4 With right foot, do triple step right 1&2. Close left to right doing a ¼ turn left on 3 and close right to left on 4
- 7-8 Standard Lindy: Triple step with left foot 5&6. Rock recover 7-8

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