

C L D Rock

拍數: 56 牆數: 2 級數: High Beginner
編舞者: Ivan Rundgren (SWE) - 8 August 2024
音樂: Crying, Lying, Denying - John Lindberg Trio



Intro:32 counts, no tag, Restarts: after 36 C during wall (3 and 6) after 32 C during wall 5

SEC. 1 HIP BUMP R, L, R, L, COASTER STEP, HOLD

1 – 2 Step R diagonal fwd R bumping R hip (1) recover to L bumping L hip (2)
3 – 4 Recover to R bumping R hip diagonal fwd R (3) recover to L bumping L hip (4)
5 – 6 Step back on R (5) step L beside R (6)
7 – 8 Step fwd R (7) hold (8)

SEC. 2 HIP BUMP L, R, L, R, COASTER STEP, HOLD

1 – 2 Step L diagonal fwd L bumping L hip (1) recover to R bumping R hip (2)
3 – 4 Recover to L bumping L hip diagonal fwd L (3) recover to R bumping R hip (4)
5 – 6 Step back on L (5) step R beside L (6)
7 – 8 Step fwd L (7) hold (8)

SEC. 3 MAMBO STEP, KICK or HOLD, BACK STEP LOCK STEP, KICK or HOLD

1 – 2 Step fwd R (1) recover to L (2)
3 – 4 Step back on R (3) kick fwd L or hold (4)
5 – 6 Step back on L (5) step R a cross L (6)
7 – 8 Step back on L (7) kick fwd R or hold (8)

SEC. 4 COASTER STEP, HOLD, PIVOT 1/4 R X2, HOLD

1 – 2 Step back on R (1) step L beside R (2)
3 – 4 Step fwd R (3) hold (4)
5 – 6 Step fwd L (5) 1/4 turn R (6)
7 – 8 1/4 turn R stepping L to L side (7) hold (8) NOTE:Restart here during wall 5 facing (6.00)

SEC. 5 JAZZ BOX, HOLD, HEEL STRUT X2

1 – 2 Cross step R over L (1) step back on L (2)
3 – 4 Step R to side (3) step L a cross R (4) NOTE:Restart here during wall 3 facing (6.00) & wall 6 facing (12.00)
5 – 6 Step fwd R heel (5) drop R toe (6)
7 – 8 Step fwd L heel (7) drop L toe (8)

SEC. 6 R AND L VINE W/A FLICK AND SHOULDER BRUSH

1 – 2 Step R to R side (1) step L behind R (2)
3 – 4 Step R to R side (3) flick L behind R and brush L shoulder with R hand (4)
5 – 6 Step L to L side (5) step R behind L (6)
7 – 8 Step L to L side (7) flick R behind L and brush R shoulder with L hand (8)

SEC.7 STEP, POINT, STEP, TOUCH, ROCKING CHAIR

1 – 2 Step R to R side (1) point L diagonal fwd R (2)
3 – 4 Step L to L side (3) touch R beside L (4)
5 – 6 Step fwd R (5) recover to L (6)
7 – 8 Step back on R (7) recover to L (8)

Start over again!

Have fun & happy dancing

Please do not change anything in this step-sheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.
Copyright © 2024 – Ivan Rundgren All rights reserved.

Don't forget to vote for your favorite dance :)

Contact: ivan.rundgren@gmail.com
