Rock Around the Clock

COPPER KNOE

拍數: 48

牆數:2

編舞者: Erny Wu (INA) - July 2025

音樂: (We're Gonna) Rock Around the Clock - Bill Haley and His Comets

Intro: 32C

Section 1 : RIGHT HEEL, TOE, HEEL, SAILOR STEP

- 1-2 Touch right heel to side, touch right toe beside LF
- 3-4 Touch right heel to side, Hold
- 5-6-7-8 Step RF forward cross LF, step LF side to left, step RF side to right, Hold

Section 2 : LEFT HEEL, TOE, HEEL, SAILOR STEP

- 1-2 Touch left heel to side, touch left toe beside RF
- 3-4 Touch left heel to side, Hold
- 5-6-7-8 Step LF forward cross RF, step RF side to right, step LF side to left, Hold

Section 3: FORWARD, BACK, BACK, FORWARD (With option)

- 1-2 StepRF forward (with clap),LF recover
- 3-4 Step RFback (with clap), Hold
- 5-6 Step LF back(with clap), RF recover
- 7-8 Step LF forward (with clap),RF recover
- (Option : skate forward and backward)

Section 4: BOOGIE WALK, TURN 1/4R BOOGIE WALK

- 1-2 Step RF swivel to right, Hold
- 3 -4 step LF swivel to left, Hold
- 5-6 Turn 1/4 R step RF swivel to right, step LF swivel to left,
- 7-8 Step RF swivel to right, Hold

Section 5: ROCK RECOVER , PIVOT 1/2 Shuffle

- 1-2 Rock LF forward, Hold
- 3-4 RF recover, Hold
- 5-6 Turn 1/2L, Step LF forward, Hold
- 7-8 RF lock behind LF, step LF forward

Section 6: ROCK, PIVOT 1/4, TWIST

- 1-2 Rock RF forward, Hold
- 3-4 Turn 1/4 L , LF step to left, Hold
- 5-6 Twist to right, twist to left
- 7-8 Twist to right, Hold

No start. No tag.

Enjoy the dance and be Happy♥□

Thank you□

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級數: Beginner