Off My Rocker

級數: Improver

編舞者: June Hulcombe (AUS) & Barbara Willshire (AUS)

音樂: Off My Rocker - Billy Currington

WALK, WALK, SHUFFLE, FORWARD, BACK, COASTER STEP

- 1-2 Step right forward, step left forward
- 3&4 Step right forward, step left next to right, step right forward
- 5-6 Rock forward onto left, rock/recover back onto right
- 7&8 Step left back, step right next to left, step left forward (coaster step)

ROCK, RECOVER, SHUFFLE ACROSS, ROCK, RECOVER, SHUFFLE, ACROSS

- 1-2 Step/rock right to right side, step/recover weight onto left
- 3&4 Step right across left, step left to left side, step right across left, (cross shuffle)
- 5-6 Step/rock left to left side, step/recover weight onto right
- 7&8 Step left across right, step right to right side, step left across right (cross shuffle)

1/4 PADDLE, 1/4 PADDLE, SIDE, BEHIND, SIDE, CROSS, STEP

- 1-2 Step/touch right forward, turn 1/4 turn left keeping weight on left
- 3-4 Step/touch right forward, turn 1/4 turn left keeping weight on left
- 5-6 Step right to right side, step left behind right
- &7-8 Step right to right side, step left across right, step right to right side

ROCK OVER, RECOVER, SIDE SHUFFLE, ACROSS, SIDE, SAILOR STEP

- 1-2 Rock/step left over right, recover weight on to right
- 3&4 Step left to left side, step right next to left, step left to left side
- 5-6 Step right across left, step left to left side
- 7&8 Step right behind left, step left to left side, step right center, (sailor step)

CROSS, POINT, CROSS, POINT, CROSS, STEP BACK ¼, COASTER STEP

- 1-2 Step left across right, touch right to right side, (click fingers on the touch)
- 3-4 Step right across left, touch left to left side, (click fingers on the touch)
- 5-6 Step left across right, turning ¼ turn left step back onto right
- 7&8 Step back onto left, step right next to left, step left forward, (coaster step)

SHUFFLE FORWARD, PIVOT ½, SHUFFLE FORWARD, PIVOT ½

- 1&2 Step right forward, step left next to right, step right forward
- 3-4 Step left forward, turn ½ turn right (weight, on right)
- 5&6 Step left forward, step right next to left, step left forward
- 7-8 Step right forward, turn ½ turn left (weight, on left)

REPEAT

FINISH

Replace steps 13-16 with

13-14-15&16 Step/rock left to left side, turn ¼ turn right and step right forward, shuffle forward to front leftright-left



拍數: 48

牆數:4