

Rock It

拍數: 32 牆數: 2 級數: Improver
編舞者: Leslie Moore (USA)
音樂: Rock This Country! - Shania Twain



ROCK FORWARD, STEP, ROCK BACK, STEP, ROCK FORWARD, STEP, STOMP UP TWICE

- 1-2 Rock forward on the right foot, step in place on the left foot
- 3-4 Rock back on the right foot, step in place on the left foot
- 5-6 Rock forward on the right foot, step in place on the left foot
- 7-8 Stomp the right foot twice keeping the weight on the left foot

GRAPEVINE RIGHT, TOUCH, GRAPEVINE LEFT WITH A ¼ TURN LEFT, SCUFF

- 1-2 Begin vine to the right stepping to the right on the right foot, step left foot behind right
- 3-4 Continue vine by stepping right foot to right side, touch left foot next to right
- 5-6 Being vine to the left stepping to the left on the left foot, step right foot behind left
- 7-8 Open ¼ to the left stepping forward on the left foot, scuff right heel forward

STEP, SLIDE, STEP, HITCH, STEP, SLIDE, STEP, HITCH

- 1-2 Step forward on the right foot, slide left foot next to right foot with left foot taking weight
- 3-4 Step forward on the right foot, hitch the left foot to the right knee
- 5-6 Step forward on the left foot, slide right foot next to left foot with right foot taking weight
- 7-8 Step forward on the right foot, hitch the right foot to the left knee

WALK BACK, TOUCH, GRAPEVINE LEFT WITH A ¼ TURN LEFT, SCUFF

- 1-3 Walk back stepping right-left-right
- 4 Touch the left foot next to the right foot
- 5-6 Begin grapevine to the left stepping to the left on the left foot, step right foot behind left
- 7-8 Open ¼ turn left and step forward on the left foot, scuff right heel forward

REPEAT
