Rock, Then Roll



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Rick Bates (USA) & Deborah Bates (USA) 音樂: The British Are Comin' - Ronnie Beard



TOE TOUCHES, STEP, HOLDS

1-2	Touch right toe forward; touch right toe next to left instep
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3-4 Touch right toe out to the side; touch right toe next to left instep

5-6 Step forward on right foot; hold and clap hands diagonally to the right at eye level 7-8 Step forward on left foot; hold and clap hands diagonally to the left at eye level

KNEE POPS, ROLLING TURN TO THE RIGHT, TOUCH

Keep weight on left foot during counts 9-12

9-10	Raise up on right heel and pop (bend) right knee inward; hold
11-12	Straighten right knee while popping (bending) left knee inward keeping left foot on floor; hold
13-14	Step to the right on right foot and begin a full to the right rolling turn traveling to the right; step on left foot and continue full to the right rolling turn

15-16 Step on right foot and complete full to the right rolling turn; touch left foot next to right

DIAGONAL STEP-SLIDE WITH TURN, TOUCH, HIP BUMPS

17-18	Step forward and diagonally to the left on left foot; slide right foot up next to left and step
19-20	Step forward and diagonally to the left on left foot making a $\frac{1}{4}$ turn to the left with the step; touch right foot next to left
21-22	Bump hips to the right; bump hips to the left
23-24	Bump hips to the right; bumps hips to the left

SIDE STEPS RIGHT, TOUCH, TO THE LEFT ROLLING TURN LEFT, TOUCH

25-26	Step to the right on right foot; step left foot next to right
27-28	Step to the right on right foot; touch left foot next to right
29-30	Step to the left on left foot and begin a full to the left rolling turn traveling to the left; step on right foot and continue full to the left rolling turn
31-32	Step on left foot and complete full to the left rolling turn; touch right foot next to left

REPEAT