

Too Rock

拍數: 64 牆數: 4 級數: Intermediate west coast swing
編舞者: Marco Maselli (BEL) & Véronique Koeymans (BEL)
音樂: Too Rockin' To Be Country - Michael Chang



WALK, TURN, SHUFFLE FORWARD, TRIPLE ½ TURN, COASTER STEP

- 1 Right foot step forward
- 2 Left foot step forward making ½ turn right
- 3 Right foot step forward
- & Left foot close behind right foot
- 4 Right foot step forward
- 5 Left foot step forward making ¼ turn right
- & Right foot step in place
- 6 Left foot step in place making ¼ turn right
- 7 Right foot step back
- & Left foot step back beside right foot
- 8 Right foot step forward

WALK, TURN, COASTER STEP, SHUFFLE FORWARD, TRIPLE ½ TURN

- 1 Left foot step forward
- 2 Right foot step forward making ½ turn left
- 3 Left foot step back
- & Right foot step back pour step beside left foot
- 4 Left foot step forward
- 5 Right foot step forward
- & Left foot close behind right foot
- 6 Right foot step forward
- 7 Left foot step forward making ¼ turn right
- & Right foot step in place
- 8 Left foot step in place making ¼ turn right

TOE TOUCH AND HEEL TOUCH, TURN AND HEEL TOUCH, CLAP HANDS, BACK ROCK, TRIPLE ½ TURN

- 1 Right foot touch toe on right side
- & Right foot step beside left foot
- 2 Left foot touch heel forward
- & Left foot step beside right foot making ¼ turn right
- 3 Right foot touch heel forward
- &4 Clap hands twice
- 5 Right foot rock back
- 6 Left foot recover weight on left foot
- 7 Right foot step forward making ¼ turn left
- & Left foot step in place
- 8 Right foot step in place making ¼ turn left

SAILOR STEP WITH ¼ TURN LEFT, HIP BUMPS, TOUCH BACK AND QUARTER TURN TWICE

- 1 Left foot cross step behind right foot
- & Right foot step right making ¼ turn left
- 2 Left foot step left
- 3 Right foot touch toe slightly forward bumping right hip forward
- & Bump right hip back

- 4 Bump right hip forward (weight on left foot)
- 5 Right foot touch toe back
- 6 ¼ turn right (weight on left foot)
- 7 Right foot touch toe back
- 8 ¼ turn right (weight on left foot)

SIDE SHUFFLE, BACK ROCK TWICE

- 1 Right foot step right
- & Left foot close beside right foot
- 2 Right foot step right
- 3 Left foot rock back
- 4 Right foot recover weight on right foot
- 5 Left foot step left
- & Right foot close beside left foot
- 6 Left foot step left
- 7 Right foot rock back
- 8 Left foot recover weight on left foot

KICK BALL CROSS TWICE, SIDE ROCK, CROSSED STRUT

- 1 Right foot kick diagonally forward right
- & Right foot step beside left foot
- 2 Left foot crossed step over right foot
- 3 Right foot kick diagonally forward right
- & Right foot step beside left foot
- 4 Left foot crossed step over right foot
- 5 Right foot rock on right side
- 6 Left foot recover weight on left foot
- 7 Right foot cross toe over left foot
- 8 Right foot drop heel

SIDE SHUFFLES TO LEFT TURNING ONE FULL TURN RIGHT, BACK ROCK

- 1 Left foot step left
- & Right foot close beside left foot
- 2 Left foot step left making ¼ turn right
- 3 ¼ turn right stepping right foot right
- & Left foot close beside right foot
- 4 Right foot step right making ¼ turn right
- 5 ¼ turn right stepping left foot left
- & Right foot close beside left foot
- 6 Left foot step left
- 7 Right foot rock back
- 8 Left foot recover weight on left foot

KICK BALL STEP, STEP PIVOT, HIP BUMS MOVING FORWARD

- 1 Right foot kick diagonally forward right
- & Right foot step beside left foot
- 2 Left foot step diagonally forward right
- 3 Right foot step forward
- 4 Right foot & left foot pivot 3/8 turn left (face 09:00)
- 5 Right foot step forward bumping right hip forward
- & Bump right hip back
- 6 Bump right hip forward
- 7 Left foot step forward bumping left hip forward
- & Bump left hip back

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Bump left hip forward

REPEAT
