The January 2000 Rock



拍數: 32 牆數: 4 級數: Improver

編舞者: "Calamity" Jane Newhard (USA) 音樂: Rock This Country! - Shania Twain



This dance is choreographed for my two grandchildren. Our second set of twins were born on January 3, 2000. Granny is still rockin'!

1-2	Rock forward on right, recover back on left
3-4	Rock back on right, recover forward on left
5&	Step right forward angle right, lock step left behind right,
6	Step right forward angle right
7-8	Rock left on left, recover right on right
1-2	Rock forward on left, recover back on right
3-4	Rock back on left, recover forward on right
5&	Step left forward angle left, lock step right behind left
6	Step left forward angle left
7-8	Rock right on right, recover left on left
1-2	Rock right over left, recover back on left
3	Pivot on left, step right back making ½ turn to the right
4	Pivot on right, step left forward making ½ turn to the right
5	Pivot on left, step right back making ½ turn to the right
6	Step left beside right
&7	Step right out to right, step left out to left
&8	Step right in to center, step left in to center
4-5 option: walk forward left-right	
On the next 8 counts, you will be traveling and making a ¾ circle to the left	
1	Left toe fans to left right heel swivels left

Left toe fans to left, right heel swivels left & Left heel swivel left, right toe fan to left 2 Left toe fans to left, right heel swivels left & Left heel swivel left, right toe fan left

3&4& Repeat 1&2& 5&6& Repeat 1&2&

7&8& Repeat 1&2& ending with weight on left

If you get around in less that 8 counts, try making your circle larger or face new wall and do an applejack step for remaining counts

Option for last 8 counts: to the left paddle turns

REPEAT