Hot Rod Lincoln

級數: Intermediate

編舞者: Alan Birchall (UK)

音樂: Hot Rod Lincoln - Pat Travers

INTRO A (INSTRUMENTAL)

拍數: 0

ROCK, RECOVER, CROSS SHUFFLE, ROCK, RECOVER, BEHIND, SIDE, IN FRONT

- 1-2 Rock right to right, recover on left
- 3&4 Cross right over left, step left to left, cross right over left
- 5-6 Rock left to left, recover on right
- 7&8 Cross left behind right, step right to right, cross left over right

STEP ½ PIVOT, STEP ½ PIVOT, FORWARD SHUFFLE TWICE

- 1-2 Step forward on right, ¹/₂ pivot left (facing 6:00)
- 3-4 Step forward on right, 1/2 pivot left (facing 12:00)
- 5&6 Step forward on right, step left by right, step forward on right
- 7&8 Step forward on left, step right by left, step forward on left

VERSES B

RIGHT SIDE SHUFFLE, ROCK BACK, RECOVER, LEFT SIDE SHUFFLE, ROCK BACK, RECOVER

- 1&2 Steps right to right, step left by right, step right to right
- 3-4 Rock back on left, recover on right
- 5&6 Step left to left, step right by left, step left to left
- 7-8 Rock back on right, recover on left

SIDE, BEHIND, HEEL JACK, SIDE, CROSS, SIDE ½ PIVOT, STEP, LEFT LOCK STEP

- 1-2 Step right to right, cross left behind right
- &3 Step back on right diagonal, extend left heel forward
- &4 Step left by right, cross right over left
- 5-6 Step left to left & make 1/2 pivot right on ball of left, step forward on right (facing 6:00)
- 7&8 Step forward on left, lock right, step forward on left

FORWARD MAMBO, BACK MAMBO, TOE, HEEL, CROSS (SUGAR FOOT), BACK LOCK STEP

- 1&2 Rock forward on right, recover on left, step right by left
- 3&4 Rock back on left, recover on right, step left by right
- 5&6 Tap right toe by left, tap right heel by left, cross right over left
- 7&8 Step back on left, lock right over left, step back on left

BACK LOCK STEP, ½ SHUFFLE TURN, STEP, ¼ PIVOT, CROSS SHUFFLE

- 1&2 Step back on right, lock left over right, step back on right
- 3&4 Make ¹/₂ shuffle turn left stepping left, right, left (facing 12:00)
- 5-6 Step forward on right, make 1/4 pivot left (facing 3:00)
- 7&8 Cross right over left, step left to left, cross right over left

ROCK, RECOVER, BEHIND, SIDE, IN FRONT, STEP 1/2 PIVOT, STOMP TWICE

- 1-2 Rock left to left, recover on right
- 3&4 Cross left behind right, step right to right, cross left over right
- 5-6 Step forward on right, ¹/₂ pivot left (facing 9:00)
- 7-8 Stomp right by left, stomp left by right

ENDING C

Dance this after the 7th rotation. You should be facing 9:00 when starting this section





牆數:4

RIGHT SIDE SHUFFLE, ROCK BACK, RECOVER, LEFT SIDE SHUFFLE, ROCK BACK, RECOVER

- 1&2 Steps right to right, step left by right, step right to right
- 3-4 Rock back on left, recover on right
- 5&6 Step left to left, step right by left, step left to left
- 7-8 Rock back on right, recover on left

SIDE, BEHIND, HEEL JACK, SIDE, CROSS, SIDE ½ PIVOT, STEP, STOMP, CLAP

- 1-2 Step right to right, cross left behind right
- &3 Step back on right diagonal, extend left heel forward
- &4 Step left by right, cross right over left
- 5-6 Step left to left & make ½ pivot right on ball of left, step forward on right (facing 3:00)
- 7-8 Stomp forward on left, clap hands

STOMP, CLAP, STOMP, CLAP, CROSS UNWIND ¾, RIGHT SIDE SHUFFLE

- 1-2 Stomp forward on right, clap hands
- 3-4 Stomp forward on left, clap hands
- 5-6 Cross right over left, unwind ³/₄ turn left (facing 6:00)
- 7&8 Steps right to right, step left by right, step right to right

ROCK BACK, RECOVER, LEFT SIDE SHUFFLE, ROCK BACK, RECOVER SIDE, BEHIND

- 1-2 Rock back on left, recover on right
- 3&4 Step left to left, step right by left, step left to left
- 5-6 Rock back on right, recover on left
- 7-8 Step right to right, cross left behind right

HEEL JACK, SIDE, CROSS, SIDE ½ PIVOT, STEP, RIGHT & LEFT LOCK STEPS

- &1 Step back on right diagonal, extend left heel forward
- &2 Step left by right, cross right over left
- 3-4 Step left to left & make ¹/₂ pivot right on ball of left, step forward on left (facing 6:00)
- 5&6 Step forward on right, lock left, behind right, step forward on right
- 7&8 Step forward on left, lock right behind left, step forward on left

1/2 PIVOT TWICE, LEFT SAILOR STEP, RIGHT SAILOR STOMP!

- 1-2 Step forward on right, make ½ pivot left
- 3-4 Step forward on right, make ¹/₂ pivot left (weight stays on right)
- 5&6 Cross left behind right, step right to side, step left by right
- 7&8 Cross right behind left, step left to left, stomp forward on right (splaying arms)