Rocking Around The Christmas Tree

級數: Phrased Improver

編舞者: Hsiu-Fang Liu (USA) - December 2007

音樂: Rockin' Around the Christmas Tree - Brenda Lee

Sequence: A A B A A A B A ENDING

拍數: 0

PART A (32 counts)

TOUCH, KICK, RIGHT CHASSE, TOUCH, KICK, LEFT CHASSE

- Touch RF next to LF (1), soft kick RF diagonally fwd (2), chasse RF to right (3&4) 1,2,3&4
- 5,6,7&8 Touch LF next to RF (5), soft kick LF diagonally fwd (6), chasse LF to left (7&8)

ROCK FORWARD, ROCK BACKWARD, PADDLE ½ TURN LEFT

- Rock RF fwd (1), recover on LF (2), rock RF bkwd (3), recover on LF (4) 1,2,3,4
- 5,6 Touch RF fwd (5), make 1/4 turn left on LF (6),
- Touch RF fwd (7), make 1/4 turn left on LF (8) (6:00) 7,8

STEP, CROSS, AND, CROSS, STEP (TO RIGHT), STEP, CROSS, AND, CROSS, STEP (TO LEFT)

- Step RF to right (1), cross LF behind RF (2), step RF next to LF (&), cross LF over RF (3), 1,2&3,4 step RF to right (4)
- 5.6&7.8 Step LF to left (5), cross RF behind LF (6), step LF next to RF (&), cross RF over LF (7), step LF to left (8)

STEP, SHIMMY, STEP, CROSS, UNWIND ½ LEFT

Step RF to right and shimmy (1,2), step LF next to RF (3,4), cross RF over LF (5,6), unwind 1-8 1/2 turn left (7,8) (12:00)

PART B (32 counts)

WEAVE RIGHT, BIG STEP, DRAG, TOUCH

- Step RF to right (1), cross LF behind RF (2), step RF to right (3), cross LF over RF (4) 1,2,3,4
- 5,6,7,8 RF big step to right (5), drag LF towards RF (6,7), touch LF beside RF (8)

WEAVE LEFT, BIG STEP, DRAG, TOUCH

- Step LF to left (1), cross RF behind LF (2), step LF to left (3), cross RF over LF (4) 1,2,3,4
- LF big step to left (5), drag RF towards LF (6,7), touch RF beside LF (8) 5,6,7,8

SKATE FORWARD

1-8 Skate RF fwd (1,2), skate LF fwd (3,4), skate faster fwd on RF (5), LF (6), RF (7), LF(8)

JUMP FORWARD, JUMP BACKWARD, CROSS, STEP, STEP, CROSS

Jump both feet fwd (1.2), jump both feet bkwd (3.4), cross RF over LF (5), step LF in place 1-8 (6), step RF to right (7), cross LF over RF (8)

ENDING (16 counts)

CROSS, STEP, STEP, FORWARD

Cross RF over LF (1,2), step LF diagonally back to left (3,4), step RF to right (5,6), step LF 1-8 fwd (7,8)

CROSS, STEP, STEP, FORWARD, CROSS, STEP, STEP, TOUCH





牆數: 0

Cross RF over LF (1), step LF diagonally back to left (2), step RF to right (3), step LF fwd (4), cross RF over LF (5), step LF diagonally back to left (6), step RF to right (7), touch LF behind RF and raise both arms up in a "V" shape (8)