Sweet Rock and Roll

拍數: 48   牆數: 4   級數: Improver

編舞者: Craig Bennett (UK) - March 2013

音樂: B.G.M.O.S.R.N.R. - JD McPherson : (Album: Signs and Signifiers)

[1-8] Rock Recover, Shuffle Back, Rock Recover, Shuffle Forward

1,2	Rock forward on right, Recover back onto left.
3&4	Step back on right, Step left next to right, Step back on right.
5,6	Rock back on left, Recover forward onto right.
7&8	Step forward onto left, Step right next to left, Step forward onto left

[9-16] Step 1/4, Cross Shuffle, Rock Recover, Cross Shuffle

1,2	Step forward on right, Pivot 1/4 turn left.
3&4	Cross right over left, Step left to left side, Cross right over left.
5,6	Rock left to left side, Recover onto right.
7&8	Cross left over right, Step right to right side, Cross left over right.

[17-24] Side Behind, 1/4 Shuffle Turn, Rock Recover, Coaster Step

1,2	Step right to right side, Step left behind right.
3&4	Ste right 1/4 turn right, Step left next to right, Step forward onto right.
5,6	Rock forward on left, Recover back onto right.
7&8	Step back onto left, Step right next to left, Step forward on left.

[25-32] Step 1/2 Turn, Right Shuffle Forward, Rock Recover, Coaster Step

1,2	Step forward on right, Pivot 1/2 turn left.
3&4	Step forward on right, Step left next to right, Step forward on right.
5,6	Rock forward on left, Recover back onto right.
7&8	Step back on left, Step right next to left, Step forward on left.

[33-40] Step Drag with Shoulder Shimmy or Hip Bumps, Touch and Clap, Repeat

1	Step right diagonally forward.
2,3	Drag left towards right, shimmying shoulder or bumping hips.
4	Touch left next to right, Clap hands together.
5	Step left diagonally forward.
6,7	Drag right towards left, shimmying shoulder or bumping hips.
8	Touch left toe next to right, Clap hands together.

[41-48] Monterey 1/4 Turn Right, Monterey 1/2 Turn Right

1,2	Touch right toe to right side, Make 1/4 turn right stepping right next to left.
3,4	Touch left toe to left side, Step left next to right.
5,6	Touch right to right side, Make 1/2 turn right stepping right next to left.
7,8	Touch left to left side, Step left next to right.