

Ballet Landing Dock Dance 2010

Song: Let It Rock By: Kevin Johnson & Lil' Wayne

Country and Rock girls together – two lines

Start feet together hands at your sides looking at the crowd with a SMILE

- 1 V hands up (blades) right leg steps out knee bent palms facing each other
- 2 V hands down (blades) palms down – legs stay the same (arms cross each other as you bring your V down)
- 3 Right hand 'serving your platter' palm up hand is blades left hand on hip
- 4 Punch: right hand becomes and fist and punch downward
- 5 Spin: right hand in fist circles your head as you turn over your right shoulder
- 6 Together: facing front hands at your sides – feet together
- 7 Right arm reaches out to the right as right leg steps to the right
- 8 Together: feet together hands at sides

- 1 Box (large box 4 counts): hands are fists they swing up right (marching your legs with each move)
- 2 Arms up left
- 3 Arms down right
- 4 Arms down left
- 5 Making your T (4 counts) Dip – bend legs down – right arm scoops toward the floor, hand in fist (left arm at your leg)
- 6 Right arm pops up in T
- 7 Left arm scoops toward the floor, hand fist
- 8 Left arm pops up in T (ending with arms in T fists at your chest elbows are out in T) legs are shoulder width apart

- 1 Legs come together – pop up on tip toes – hands straight up jazz hands – palms facing crowd - elbows at the ears
- 2 Slap together – arms come down to your sides
- 3 Boogie to the right: legs are together – hands are fists – (boogie: you are moving your arms like your driving a truck) turning your body to face right
- 4 Crouch: hands in fist: knees bent head down (still facing right)
- 5 Arms out stepping out with right leg
- 6 Feet come together hands at sides
- 7 Flare: your flaring arms 'windmill style' around to the front
- 8 Down: end flare with hands at your knees, head down – facing left

- 1 Pop up: right leg is out toward crowd - jazz hands arms are out in a T – facing crowd (arms are shoulder level parallel to the ground)
 - 2 Hold
 - 3 Clasp fists together toward crowd (legs don't move)
 - 4 Arms up (clasped fist is pointing at the sky – head up)
 - 5 Open body to the left arms up fists clasped – head straight ahead (facing left)
 - 6 Together: feet together arms slap down straight to your sides
 - 7 Flare open up to crowd: this is a one arm flare – right arm lead to flare your body around. Right leg steps out - end up facing crowd – legs shoulder width apart – right arm out – palm facing the right
 - 8 Hold
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- 1 Box : (small box 4 counts) arms punch in fists to the right at about eye level (legs are marching in place with each punch here)
 - 2 Box Left: both arms fists punch left side
 - 3 Box right down – punching arms at about hip level
 - 4 Box left down
 - 5 Boogie to the right together (hands fist) – right leg is stepping out
 - 6 Boogie legs end up together here: hands in fists – hands are about level with your ears
 - 7 Boogie to the left together (fists) – left leg is stepping out
 - 8 Boogie legs end up together (fists) – hands again are about level with your ears
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- 1 Four count turn: arms up – elbows are the ears – fists straight up spinning in a circle to the left
 - 2 Cocky spin to the back – arms up
 - 3 Cocky spin arms up –
 - 4 Spin ends facing front arms up – stepping legs together
 - 5 Together – feet together hands down at sides
 - 6 Pop out to T: legs apart, arms in T – level with your shoulders – jazz hands
 - 7 Down to the knees: head down – knees bent – hands on your knees
 - 8 Head pops up looking at crowd SMILE ☺
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- 1 Knee bop/ dip: right leg dips – bent – hands stay on your thighs
 - 2 Knee bop/ dip: facing forward – knee pops out
 - 3 Knee bop/ dip: left leg dips
 - 4 Knee bop/ dip: facing forward – knee pops out
 - 5 Punch – fists – punch both arms right
 - 6 Punch – fists to the right
 - 7 Punch – fists to the left
 - 8 Punch – fists to the left (legs are still bent here/ and apart)
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- 1 Pop up: feet together – hands slap to the sides
 - 2 Hold 3 STRIKE YOUR POSE – The End