



Approved by:

Val Myers

AB Rocker

1 WALL – 32 COUNTS – ABSOLUTE BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Rocking Chair, Walk x 3, Kick		
1 – 2	Rock forward on right. Recover onto left.	Rock Forward	On the spot
3 – 4	Rock back on right. Recover onto left.	Rock Back	
5 – 8	Walk forward right. Walk forward left. Walk forward right. Kick left forward.	Right Left Right Kick	Forward
Section 2	Walk Back x 3, Hitch, Toe Strut Back x 2		
1 – 4	Walk back left. Walk back right. Walk back left. Hitch right knee.	Left Right Left Hitch	Back
5 – 6	Step right toe back. Drop right heel to floor taking weight.	Back Strut	
7 – 8	Step left toe back. Drop left heel to floor taking weight.	Back Strut	
Section 3	Rumba Box		
1 – 2	Step right to right side. Step left beside right.	Side Together	Right
3 – 4	Step right forward. Touch left toe beside right.	Forward Touch	Forward
5 – 6	Step left to left side. Step right beside left.	Side Together	Left
7 – 8	Step left back. Touch right toe beside left.	Back Touch	Back
Section 4	Knee Pops, Toe Strut Forward x 2		
1	Drop right heel to floor, lifting left heel and pushing left knee forward.	Knee	On the spot
2	Drop left heel to floor, lifting right heel and pushing right knee forward.	Knee	
3	Drop right heel to floor, lifting left heel and pushing left knee forward.	Knee	
4	Drop left heel to floor, lifting right heel and pushing right knee forward.	Knee	
5 – 6	Step right toe forward. Drop right heel to floor taking weight.	Right Strut	Forward
7 – 8	Step left toe forward. Drop left heel to floor taking weight.	Left Strut	

Choreographed by: Val Myers and Deana Randle (UK) April 2011

Choreographed to: 'Wine, Women And Song' by Patty Loveless (122 bpm) from CD Tribute To Tradition or Steppin' Country 3; also available as download from amazon.co.uk (16 count intro)

Music suggestions: 'Don't Tell Me What To Do' by Pam Tillis (132 bpm); 'Rocking All Over The World' by Status Quo (131 bpm): both from amazon or iTunes