



Approved by:

Audrey Watson
X.

Man On The Rocks

4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 & 4 Option 5 – 6 7 & 8	Forward Rock, Triple Full Turn, Cross, Side, Behind 1/4 Turn Step Rock forward on right. Recover onto left. Triple step full turn right, stepping - right, left, right. Counts 3 & 4: Right coaster step. Cross left over right. Step right to right side. Cross left behind right. Turn 1/4 right stepping right forward. Step left forward.	Rock Forward Triple Full Turn Cross Side Behind Quarter Step	On the spot Turning right Right Turning right
Section 2 1 – 2 3 & 4 5 – 6 7 & 8	Dip 1/4 Turn, Kick Ball Cross, Side, Together, Chasse 1/4 Turn Bend both knees. Turn 1/4 right, straightening up. Kick right forward. Step right beside left. Cross left over right. Step right to right side. Step left beside right. Step right to right side. Close left beside right. Turn 1/4 right stepping right to side.	Dip Quarter Kick Ball Cross Side Together Chasse Quarter	Turning right On the spot Right Turning right
Section 3 1 – 2 & 3 & 4 5 – 6 7 – 8	Step Lock & Heel & Step, Step, Pivot 1/2, Walk, Walk Step left forward. Lock right behind left. Step left back. Touch right heel forward. Step right beside left. Step left forward. Step right forward. Pivot 1/2 turn left. Walk forward right. Walk forward left.	Step Lock & Heel & Step Step Pivot Walk Walk	Forward Turning left Forward
Section 4 1 – 2 & 3 & 4 5 – 6 7 & 8	Step Lock & Heel & Step, Forward Rock, Shuffle 1/2 Turn Step right forward. Lock left behind right. Step right back. Touch left heel forward. Step left beside right. Step right forward. Rock forward on left. Recover onto right. Shuffle step 1/2 turn left, stepping - left, right, left.	Step Lock & Heel & Step Rock Forward Shuffle Half	Forward On the spot Turning left
Section 5 1 – 2 3 & 4 5 – 6 7 & 8	Cross Rock, Chasse, Cross Rock, 1/4 Sailor Turn Cross rock right over left. Recover onto left. Step right to right side. Close left beside right. Step right to right side. Cross rock left over right. Recover onto right. Turning 1/4 left cross left behind right. Step right to side. Step left to left side.	Cross Rock Chasse Right Cross Rock Quarter Sailor	On the spot Right On the spot Turning left
Section 6 1 – 2 3 & 4 5 – 6 7 – 8	Walk, Walk, Heel Ball Step, Cross Point, Cross Point Walk forward right. Walk forward left. Touch right heel beside left. Step ball of right beside left. Step left forward. Cross right over left. Point left to left side. Cross left over right. Point right to right side.	Walk Walk Heel Ball Step Cross Point Cross Point	Forward
Section 7 1 – 2 3 – 4 5 – 8	Cross, 1/4 Turn, Side, Cross, Grapevine Touch Cross right over left. Turn 1/4 right stepping left back. Step right to right side. Cross left over right. Step right to side. Cross left behind right. Step right to side. Touch left beside right.	Cross Quarter Side Cross Side Behind Side Touch	Turning right Right
Section 8 1 – 2 3 & 4 5 – 8	Side, Together, Chasse 1/4 Turn, Step Pivot 1/2, Step, Pivot 1/4 Step left to left side. Step right beside left. Step left to left side. Close right beside left. Turning 1/4 left step left forward. Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/4 turn left.	Side Together Side Close Quarter Step Pivot Step Pivot	Left Turning left

Choreographed by: Audrey Watson (UK) March 2014

Choreographed to: 'Sailing' by Mike Oldfield from CD Man On The Rocks; download available from amazon or iTunes (8 count intro)

Choreographer's note: Thanks to Lorraine Heron (Dance In Line Stranraer) for music suggestion



A video clip of this dance is available at www.linedancermagazine.com