

Let's Do The Rock

48 Count, 4 Wall, Improver

Choreographer: Sue Ann Ehmann & Dancin' Terry (USA)

Aug 2014

Choreographed to: The Rock by Ms. Jody, CD: It's All About Me (120 bpm - iTunes and Amazon)

Intro: 48 counts (begin on Lyrics)

1 WALK, WALK, ANCHOR, TOUCH BEHIND, UNWIND

1-2 Walk forward right, left

3&4 Step right behind left, rock left forward, recover right

5-8 Touch left back (5), bounce around 1/2 turn over left shoulder (6-7-8). (Weight ends left) (6:00)

2 SIDE ROCK, CROSS, SIDE ROCK, CROSS, FORWARD ROCK RECOVER, COASTER

1&2 Rock right to side, recover left, step right across left (moving slightly forward)

3&4 Rock left to side, recover right, step left across right (moving slightly forward)

5-6 Rock right forward, recover left

7&8 Step right back, step left beside right, step right forward

3 BUMP 1/4 RIGHT, BUMP 1/4 RIGHT, STEP 1/4 RIGHT, STEP 1/4 RIGHT

1&2 Turning 1/4 right bump hip left, center, step left beside right (9:00)

3&4 Bump right hip right, center, turn 1/4 right stepping right forward (12:00)

5-6 Step left forward, pivot 1/4 right (3:00)

7-8 Step left forward, pivot 1/4 right (6:00)

4 ROCK, RECOVER, COASTER, RIGHT SAILOR, 1/4 LEFT SAILOR

1-2 Rock left forward, recover right

3&4 Step left back, step right beside left, step left forward

5&6 Step right behind left, step left to side, step right to right diagonal

7&8 Turning 1/4 left sweep left behind right, step right to side, step left to left diagonal (3:00)

5 RIGHT LOCK STEP, SCUFF, LEFT LOCK STEP, SCUFF

1-4 Step right forward angling body 1/8 turn, step left behind right, step right forward facing (3:00), scuff left

5-8 Step left forward angling body 1/8 turn, step right behind left, step left forward facing (3:00), scuff right

Note: This section should feel like the old Stroll. Angle your body as you move forward

6 BUMP RIGHT 2X, BUMP LEFT 2X, HIP ROLLS 2X

1&2 Stepping right side bump hips right, center, right

3&4 Stepping left to side bump hips left, center, left

5-8 Roll hips in circle counter clock-wise 2x (weight ends left)